

**NINE SHOPPING** DAYS LEFT NEVER FEAR, OUR GIFT GUIDE IS HERE (page 31)



## **HUSTLE & FLO**

**ALBUM SALES DON'T FAZE FLO RIDA** 

SCENE (page 20)

**CALGARY** ®

Thursday, December 16, 2010 www.metronews.ca



News worth sharing



#### Saying hello to an old friend

Defenceman Dion Phaneuf makes his much-anticipated return to the Saddledome this evening as his Toronto Maple Leafs battle the hometown Calgary Flames. Phaneuf missed the Leafs' practice in town yesterday as he attended his grandmother's funeral, but is slated to be in the lineup for the blue-and-white tonight. Puck drop is scheduled for 7:30 p.m.

#### Klein has lung disease: Friend

Former premier is said to be fighting emphysema (page 3)

#### Jack's back on the job

But Nicholson says the idle life is fine by him {page 18}

# Downtown drug sweep mptation

Operation zeroing in on areas near social agencies Dozens of arrests made Nearly 200 charges laid



CALGARY@METRONEWS.CA

Calgary police say a three-week operation to root out drug traffickers in the downtown core has yielded "significant"

A total of 39 suspects have been identified as police have made 61 undercover drug purchases.

Acting Insp. Craig Skelton said the operation was launched in response to numerous concerns from social agencies namely, those in the East Village area and from other individuals in the downtown.

"The concern is that you have an agency providing support and assistance for people that have addiction issues, and you have drug traffickers preying on those people outside the doors," he said.

Calgary Drop-In Centre spokesperson Louise Gallagher said her organization has already noticed a reduction in drug transactions in the area since the police operation concluded.

#### **Progress report**

- After several months of gathering intelligence, police began the operation Nov. 1.
- Areas of focus included East Village, Bridgeland, the island area adjacent to the Calgary Zoo and river pathways.
- Police seized 172 grams of crack cocaine. 41 grams of marijuana and some methamphetamines.

"It's much appreciated," she said. "We are continuing to bring those things to their attention because it's important to our clients.

Skelton said much work remains in the fight against trafficking on downtown streets.

"The unfortunate reality is there's going to be somebody that's going to step up and try to take advantage of the fact that 39 people are no longer trafficking controlled substances on the streets, he said. "It's an ongoing issue."

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#### We've got lots of land to spare: Report

Calgary has plenty of space to expand and meet industrial growth, according to a report released yesterday by the City of

Calgary. With 4,350 hectares of vacant land available, the city will easily be able to meet the anticipated demand of 450 to 550 hectares over the next five

"The recent 2007 annexation significantly expanded the industrial land supply.

A range of industrial, and non-industrial uses can be accommodated on this land inventory," said co-ordinator of geodemographics Darrell Burgess in a release.

METRO

#### Food tampering not ruled out by cops

Police continue to investigate whether a foreign object found in packaged meat was a manufacturing error or food tampering.

A spokesperson for the Calgary Police Service said investigators are currently meeting with grocery store officials to determine if it is a case of food tampering.

A customer reportedly brought the incident to the attention of police late Tuesday night.

This comes after several incidents of alleged food tampering earlier this year when metal obiects were found in numerous grocery stores throughout Calgary.



# Klein fighting emphysema?

Friend says former mayor and premier has illness PRod Love throws cold water on suggestions that Klein is suffering from memory loss

Ralph Klein, the pugnacious, populist former mayor of Calgary and premier of Alberta, has been diagnosed with lung disease, savs his close friend Rod Love.

Love says Klein, 68, confirmed he has emphysema.

"It was probably brought on largely by (the fact) he smoked for a long time," Love said yesterday.

"We know enough now that if you smoke for a long time, it's going to catch up with you, but then I'm not his doctor."

Klein was not immediately available for comment.

Emphysema is a chronic lung disease that damages air sacs in the lungs, making it hard to breathe. It can lead to shortness of breath and fatigue. While there is no cure, the effects can be eased by pills, puffers and supplemental oxygen.

There have also been reports that Klein is suffering from memory loss and sometimes has trouble recognizing people.

"I had lunch with him three weeks ago. We had a good chat. He's slowed down, but he's still Ralph."

Love said that might be an overstatement.

"People who haven't seen him for awhile are a bit taken aback, because when he was on his game he was as good as you can get, and he's not on his

game any more." Hal Walker, Klein's former Calgary constituency president, said he still bumps into the former premier regularly at a gym in Calgary.

"Ralph is there often.

He gets on the treadmill and does his workout. He's doing what he can to maintain his health," said Walker, who left the Progressive Conservatives in April to become president of the rival Wildrose Alliance.

THE CANADIAN PRESS





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Don Cherry, Toronto Mayor Rob Ford and the politics of class warfare. More at metronews.ca/ spindoctor





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**HURRY OFFER ENDS** 

#### **News in brief**



#### Monitoring of oilsands can improve, says Renner

**STUDY.** Alberta's environment minister agrees with a panel of Canada's top scientists that the province must improve the way it approves and monitors the oilsands.

monitors the oilsands. "The monitoring aspect of our regulatory process has been called into question," Rob Renner said yesterday following the release of a study by the Royal Society of Canada.

The report suggests that while the oilsands don't deserve all the bad press they've been getting, the governments that regulate them do.

THE CANADIAN PRESS

#### Fire victim ID'd

**FATALITY.** Medical examiners have identified the man who was killed in a trailer fire last week.

Ronald Roy Kovach, 59, died after the fire erupted around 11:30 p.m. on Dec. 9 in southeast Calgary. He was discovered inside after the blaze was subdued.

Officials have not released the cause of the fire. • METRO

#### Enough cabs in city: Report

**TRANSPORT.** Calgary's streets have an ample number of cabs, says a consultant's report.

After an exclusive contract was granted to Associated Cab for pickups at the airport, more cabs have been available on the streets, said report author Dan Hara.

While getting a taxi after bars close is still a challenge, Hara said licensing more cabs is not necessary. • METRO

# Cops join students for shopping spree

Law enforcement teams with Marlborough Mall for CopShop 2010
 Fifth annual event part of outreach effort by District 4 office



Grade 9 student Chanaya Paishking pulled herself away from the clothes rack for just a second yesterday morning to describe her CopShop 2010 experience.

experience.
"I think it's pretty awesome," she said. "You just
kind of go for it."

Like the other well-deserving students taking part in the annual shopping spree, Paishking was paired up with a member of the Calgary Police Service. The 14-year-old wasn't sure what she wanted to buy, but senior Const. Jacquie Hertlein was there to reassure her.

"You'll know when you



see it," she said, adding with a laugh, "Clothes, clothes, clothes, necessities can wait."

Sgt. Gerard Brand, meanwhile, was participating in his first CopShop and set off quickly to help his student partner find a pair of purple high-top shoes.

He said helping students get more accustomed to members in uniform is a major part of the event.

"This gives us an opportunity, especially in this

#### Details

- A total of 27 kids were chosen for CopShop based on need, academic or athletic achievement, or volunteer efforts.
- Student were each given a \$200 mall gift card to buy whatever they wanted.
- A stocking packed full of holiday treats was also provided.
- Students were also given a tour of the Calgary Police Service District 4 office and addressed by Chief Rick Hanson

age category, because they generally have suspicions about us," he said. "This gives us a chance to mitigate that and have some fun."

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## **Hope-for-the-best** works for ties, not pets

◆ Adoption fee for a dog is \$200 ◆ For a cat, \$150 ◆ Gift certificates can be used to pay for pet-licensing fees as well: Bylaw Services director



While the idea of waking up to a puppy or kitten on Christmas morning is an enticing one, the city's Animal and Bylaw Services suggests waiting until after the holidays to become a pet owner.
Director Bill Bruce said

a better alternative to buying pets as Christmas presents is giving a gift certificate.

"The whole issue comes up every Christmas about gifting of pets," said Bruce. "Pets are a wonderful addition to everybody's life but a pet is a very intimate thing.

He said it's better when people are able to come in

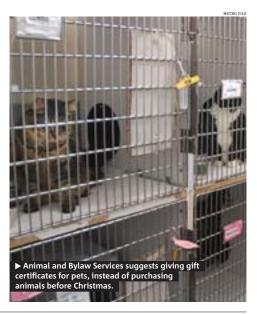
and pick animals that they bond with.

'We all hear the stories about gifting someone a sweater that they hate. It's worse when you're dealing with an actual living being."
The gift certificates can

be purchased year-round and don't expire. That approach allows the recipient to have a pet when the time is right for them, Bruce said.

He added that if Animal and Bylaw Services doesn't have the right animal for the gift-certificate holder, it can work something out with the Humane Society.

Gift certificates can be purchased at the Animal Service Centre at 2201 Portland St. SE.





\*Bonus in 6 monthly installments of \$10 will be credited to the chatr account. Offer ends January 4, 2011. †Available to new customers only for 6 consecutive months from date of plan activation

Offer ends December 31, 2010. Regular monthly rates apply after promotional period. TM/@Brand names and logos are trademarks of their respective owners. ©2010



# Science centre will enthrall a geek near you

• \$160M facility will be more than twice the size of the original centre • Five exhibit halls, two theatres



Calgary's self-professed geeks will be excited to learn construction of the new Telus World of Science is running slightly ahead of schedule.

That's according to president and CEO Jennifer Martin, who led a tour of

the new facility yesterday. She predicts the centre, at the northwest corner of Deerfoot Trail and Memorial Drive, will be open as early as next fall and service curious visitors of all

The new Telus World of Science will be the first purpose-built science centre established in Canada in more than 25 years.

"Science, technology, innovation, creativity touches all of us one way or another," she said.

"So, you have to really design thinking about those different audiences.

"This is really a science

centre for the entire community."

Martin said the original science centre, which is still open at 701-11th St. SW, has simply outgrown its means.

She said the new centre will take digital technology integration to a new level, allowing visitors to interact using their smartphones and to link up with people around the world.

Other features will include a mock glacier and the ability to project images on the outside of the building.

I IICY THE EI EDHANT

#### **Ex-NHLer** makes a jumbo offer

Former hockey pugilist Georges Laraque has jumped into the fight to help Edmonton's lone zoo elephant.

Laraque has offered to pony up \$100,000 if the city moves the pachyderm.

Laraque, who made his name as an enforcer

for the Edmonton Oilers, has written a letter to Mayor Stephen Mandel saying he will donate money toward a new downtown rink if the city transfers Lucy to a warm-weather sanctuary.

"Lucy's serious health problems and the signs of mental distress that she has long exhibited are reason enough to send her to a sanctuary in a warmer climate, but I hope that my proposal creates even more incentive," says Laraque in the let-

ter.

#### **Crash puts** five in hospital

Five people were taken to hospital after a crash Tuesday evening.
The accident happened

at 32 Avenue and 34 Street NE and involved four adults and two children

One passenger was trapped in an overturned and had to be rescued by firefighters using hydraulic tools

The cause of the crash is under investigation.



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Micro-philanthropy approach drawing thousands of participants • Calgary group now expanding in U.S.



Jay Baydala views the Christmastime tradition of giving gifts as a beautiful

The problem, he says, is that much of what is bought is excessive and leads to waste.

"It became a matter of how do we keep that tradi-tion and put it towards something good," Baydala explained.

This thought process eventually led to the cre-ation of UEnd:Poverty, an online gift card donation charity that was officially incorporated in 2006.

Visitors to the site can



purchase a gift card for their loved one and that individual then logs on and chooses which of the chooses which group's nearly 200 accredited charities to put the money towards.

"Basically the gift is happiness," Baydala said. "By far, the happiest you can be is by giving your

#### uend.org

Last year, \$170,000 was raised for charities using online gift card donations at uend.org.

money away.'

Calgary resident Chris Harper bought five gift cards through UEnd:Pover-ty last year and plans to use the service again.

"It costs you nothing to ship, it has a really positive social impact and it goes against consumerism," Harper said. "I don't have to go to a mall, pay for parking, and I don't have to pay tax on it.'



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# City recognizes core supporters

**○** Eight Calgarians were presented with awards for their work in improving the downtown core



Several unsung heroes were recognized by the mayor and members of council yesterday for their work in keeping the city centre safe and clean.

As the project manager for City Centre Implementation, Lorna Wallace, said the downtown progress is a result of community effort.

fort.

"The work that we've been doing started at city hall and now it's moving over to the community," she said.

Lily Kwok of the Calgary Chinese Community Service Association said the award she received represents the work that many people have done.

"It's a recognition for the whole community because it is by working together with the City of Calgary and we bring in a lot of resources to make Chinatown a better place for everybody," she said. Ald. John Mar said he's

Ald. John Mar said he's seen a dramatic change in terms of reduction of crime over the years.







OIL DISASTER

#### U.S. sues **BP** over **Gulf spill**

The Justice Department in Washington, D.C., yesterday sued BP **Exploration and Produc**tion Inc. and eight other companies in the Gulf oil spill disaster in an effort to recover billions of dollars from the largest offshore spill in

The lawsuit alleges

that safety and operating regulations were violated in the period leading up to April 20. The Obama administration's lawsuit asks that the companies be held liable without limitation under the Oil Pollution Act for all removal costs and damages caused by the oil spill, including damages to natural resources.

It says that the defendants failed to keep the Macondo well under control during that period. THE ASSOCIATED PRESS

#### **Evacuation** drill staged in S. Korea

South Koreans stopped their cars, donned gas masks and ducked into underground shelters yesterday in the country's biggest-ever evacuation drill — a government attempt to prepare traditionally indifferent citizens for possible new attacks by North Korea THE ASSOCIATED PRESS

#### **UN lifts** Iraq nuke sanctions

The UN Security Council yesterday lifted sanctions that prohibited Iraq from pursuing a civilian nuclear program, in a symbolic step to restore the country to the international standing it held before Saddam Hussein's 1990 invasion of Kuwait THE ASSOCIATED PRESS

## Labour protest leads to violence in Athens



Riots erupt after 20,000 protesters march to parliament

Protesters clashed with riot police across Athens yesterday, torching cars, hurling gasoline bombs and sending Christmas shoppers fleeing in panic during a general strike against the government's latest austerity measures..

Police fired tear gas and flash grenades as the violence escalated outside parliament and spread to other parts of the capital.

Angry unions triggered the 24-hour strike to protest new labour reforms and pay cuts as Greece struggles to reshape its economy under conditions set by a 110billion-euro (\$146-billion) international bailout. The strike also grounded flights, closed factories, disgrounded rupted hospitals and shut down trains, ferries and buses across the country.

7th seventh strike this year by unions appalled at a wave of austerity policies meant to pull Greece out of its worst financial crisis since the Second World War.

In Athens, youths wearing black masks and ski goggles used sledgehammers to smash paving stones and hurled the rubble at police. A post office near parliament briefly caught fire, forcing employees and bystanders to run for safety.

Christmas shoppers fled as rioters hurled petrol bombs wrapped in bundles of firecrackers, causing small explosions when they landed. THE ASSOCIATED PRESS







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## **Health-care** costs linked to poverty: Report

20% of costs correlate to social problems: Report Author calls on all levels of government for solutions

Some 20 per cent of Canada's spiralling health-care costs can be directly attributed to low income and education levels, a new report says.

And reducing the innate health risks that poverty carries requires lifting the socioeconomic status of the country's poorest people, according to a Health Council of Canada report.

"There is a direct correlation (between) low incomes, low socioeconomic status and health," council head John Abbott says

"And when you look at pressures on the health-care system, who is using the system, it tends to be that same group.

Abbott says solutions must come from all government agencies that can have a hand in poverty reduction.

He says new government initiatives should be assessed, in part, on their likely impact on health, particularly in relation to socioeconomic factors.

He says he doesn't know if the health costs associated with poverty would simply be counterbalanced by new financing for social equalization programs.

Yet while that "math can be done," the alleviation of suffering the suggested strategy would produce would justify it, he says. Torstar News Service

#### Closing the gap

The report says the link between low incomes and chronic diseases is well established.

- Yet, factors that make poverty itself a health risk will remain endemic among the poor unless the socioeconomic gaps themselves are closed.
- **Health-promotion** programs aimed at decreasing high-calorie, processed-food diets and increasing exercise levels do not penetrate society's lower reaches, where education levels tend to be poorer.



Students denounce Chavez

Students are protesting Chavez's attempt to get a friendly congress to give him decree powers for 12 month, which would allow him to impose laws on his own. His allies in the National Assembly gave initial approval to the "enabling law" on Tuesday night.

#### **Tweeting** allowed in **Assange** hearing

Britain's judicial system is stepping into the 21st cen-140 characters at a

Freedom-of-information advocates yesterday hailed a judge's decision to allow journalists to communicate by Twitter from the bail hearing for WikiLeaks founder Julian Assange, saying it opens a door to texting and blogging live proceedings from Britain's conservative courts.

At least two journalists tweeted news that Riddle had granted Assange bail and Sweden appealed that decision. THE ASSOCIATED PRESS

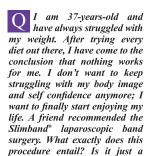
#### In court

- Journalists have been surreptitiously emailing and texting from courtrooms for years, risking ejection if the judge objected.
- This is thought to be the first time a judge has given explicit permission for courtroom tweeting

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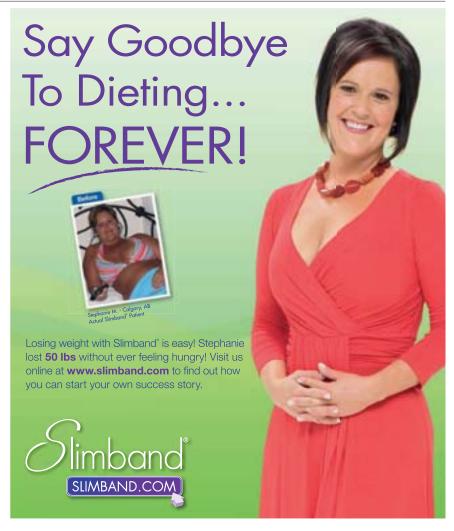
However, many patients require additional support in order to achieve long-term success. Over-eating and obesity can stem from issues other than portion control; improper food choices or emotional eating is often caused by lack of nutritional knowledge, medical issues, depression, or stress

In order to develop the healthy habits necessary for weight loss and lifelong control, there needs to be more than just the surgery. Look for a clinic that offers a comprehensive program that is designed to help achieve your weight loss goals. Support such as nutritional and psychological counseling, individual and group support, as well as seminars on how to make the necessary lifestyle changes that promote weight loss and good health, all help in maximizing your weight loss. Medical studies that have analyzed various weight loss treatments have proven the most important factor for success is post-surgery follow-up.

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# Polar bears not doomed: Study

#### • The problem is not irreversible: Research author

Two groups of scientists are suggesting a sliver of hope for the future of polar bears in a warming world.

A study published online yesterday rejects the often used concept of a "tipping point," or point of no return, when it comes to sea ice and the big bear that has become the symbol of climate change woes. The study optimistically suggests that if the world dramatically changed its steadily increasing emissions of greenhouse gases, a total loss of critical summer sea ice for the bears could be averted.

Another research group projects that even if global warming doesn't slow — a more likely near-future scenario — a thin, icy refuge for the bears would still remain between Greenland and Canada.

A grim future for polar bears is one of the most tangible and poignant outcomes of global warming. Four years ago, federal researchers reported that two-thirds of the world's polar bear habitat could vanish by mid-century.

THE ASSOCIATED PRESS

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- Knowledge of distribution strategies for news/print media preferred
- Strong reporting skills using Microsoft Word and Microsoft Excel
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Individuals interested and having the skills described are requested to submit their resume and cover letter via email to <a href="https://hr@metronews.ca">hr@metronews.ca</a> no later than December 17, 2010. PLEASE QUOTE: "DISTRIBUTION AUDITOR - CALGARY" in the subject line. All submissions will be treated as confidential.





# Two die in parking lot shootout

A mother loading her two-year-old son into a vehicle used her body to protect the toddler before she was shot and killed in an ensuing midday gun battle at a Sacramento shopping centre, sheriff's officials said yesterday.

Monique Nelson, 30,

#### Barbershop

- Detectives believe at least one gunman entered the Fly Cuts & Styles barbershop just before 1 p.m. and began shooting.
- At least one person inside the shop returned fire.

had just strapped her son into his car seat when she was struck in the chest, and detectives believe she positioned herself to protect her son, Sacramento County Sheriff's Sgt. Tim Curran said.

Curran said.

A second victim, 20year-old Marvion Barksdale, also died from
injuries suffered in the
shootout after being taken to a hospital, where he
underwent surgery for a
chest wound, Curran said.
Five other men were injured in the gunfight.
Allof them are expected
to survive.

THE ASSOCIATED PRESS

# U.S. Senate passes tax compromise

### Contentious \$858B tax bill passes in upper house by vote of 81-19

U.S. President Barack Obama's compromise tax deal with Republicans — a package of cuts that would add nearly one trillion dollars to the U.S. debt — won approval in the Senate yesterday.

Obama swiftly urged the House of Representatives, where Obama's fellow Democrats see the bill as overgenerous to the wealthy, to pass the \$858-billion measure without changes, a slap at Democratic liberals eager to toughen part of the bill that permits up to \$10 million to pass tax free to heirs on an estate.

If passed, the bill would spare Americans at every income level from larger tax bills beginning Jan. 1.

With opposition Repub-

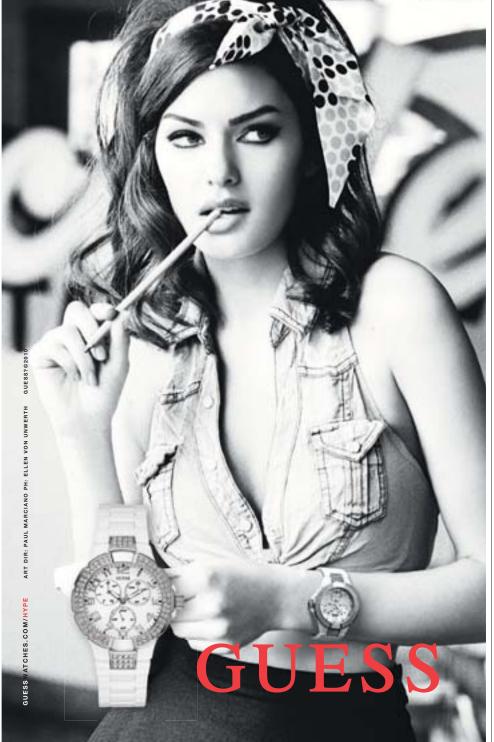
With opposition Republicans poised to take control of the House after last

#### New Congress

The bipartisan deal marks a test of how Obama will govern without his Democratic party in control of the House and with a reduced majority in the Senate.

His readiness to reach accommodation with the opposition Republicans likely will set a pattern for the final half of his term.

month's landslide election victory, Obama had little choice but to drop his objections to an extension of lower assessments on wealthy Americans. Republicans had vowed to let cuts for lower- and middle-income earners to expire as well. THE ASSOCIATED PRESS





#### Feats of strength

Four acrobats took their circus act to the Vatican, performing shirtless for Pope Benedict XVI during his weekly general audience. The Pellegrini Brothers took off their shirts as they came on stage yesterday to begin their show, which lasted a few minutes. They lifted each other in acrobatic poses, keeping balance with their bodies supported only by their arms, at one point creating a human tower.

# EU gives award to dissident

▶ Empty chair set out for Cuban at human rights prize ceremony A Cuban dissident used a video address at yesterday's award of the EU's main human rights prize to call for the release of political prisoners in his homeland and for the government to end attacks on the opposition.

Guillermo Farinas, a 48year-old psychologist and freelance journalist, was not allowed by Cuba to travel to receive the Sakharov human rights prize in Strasbourg, France.

#### "It is important to note that the Cuban government is very weak. And because it is weak, it is more dangerous."

GUILLERMO FARINAS, PSYCHOLOGIST AND FREELANCE JOURNALIST

He said the travel ban was "irrefutable testimony to the fact that, unfortunately, nothing has changed (in Cuba)."

Farinas won the prize in October after his 134-day hunger strike helped draw attention to the plight of activists, opposition leaders and social critics in Cuban jails.

Previous winners of the prize include Aung San Suu Kyi and Nelson Mandela. It was awarded twice before to Cubans: In 2002 to pro-democracy activist Oswaldo Paya; and in 2005 to a dissident group, Ladies in White.

THE ASSOCIATED PRESS





#### Zuckerberg tops Queen

Facebook founder and CEO Mark Zuckerberg has been named Time magazine's Person of the Year for 2010. At 26, he is the youngest Person of the Year since the first one chosen, Charles Lindbergh, who was 25 when he was named in 1927, Time said yesterday. Zuckerberg beat out the Queen by just two weeks: She was 26 when she was named in 1952. Many had expected Time to choose newsmaking WikiLeaks founder Julian Assange.

#### Germany gives \$80M to preserve Auschwitz

Germany pledged yesterday to pay 60 million euros (\$80 million) over the next year into a fund for Auschwitz-Birkenau to preserve the barracks, gas chambers and other evidence of Nazi crimes at the former death camp, some of which are deteriorating to the point of collapse.

Germany is the largest of several countries contributing to the Auschwitz-Birkenau Fund, which was set up in 2009 to gather money to maintain the 472-acre expanse made up of the original camp, Auschwitz, and the nearby

The barracks, gas chambers and other buildings are in need of urgent repair, having been worn down by the ravages of time and the pressure of more than one million visitors per year.

satellite camp of Birkenau. The camp was operated

The camp was operated by Nazi Germany in occupied Poland during the Second World War. More than one million people, mostly Jews, died in the camp's gas chambers or through forced labour, disease or starvation.

Museum director Piotr Cywinski first issued a worldwide appeal for help in 2008, saying 120 million euros were needed to repair the memorial site. THE ASSOCIATED PRESS

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#### By the numbers

conditions and lingering low interest rates will boost Canadian economic growth to 3.2 per cent next year, slightly more robust than 2010's projected growth of 3.1 per cent, according to the latest economic outlook from RBC Economics. Growth slowed in the third quarter of this year, largely due to softness in the housing market and U.S. economy, the report

New data show Canadian home sales grew in Novem-

ber for the fourth straight month but continued a trend of unfavourable comparisons to the same month last year, when sales reached record levels. The Canadian Real Estate Association said home resales were up 4.8 per cent last month compared to October. Home resales have also rebounded by 19.5 per cent from July, when the market hit a trough following the introduction of new mortgage rules, higher interest rates and a new tax in two provinces.

**Dundee Real Estate** Investment Trust is set to buy real estate investor and developer Realex Properties Corp. for \$154.4 million in cash. Calgary-based Realex's value is pegged at \$385 million. THE CANADIAN PRESS

## Watchdog, credit card firms face off over fees

#### Visa, MasterCard sav retailers can offer discounts for cash or debit

Canadian shoppers are paying all around higher prices because major credit card companies forbid retailers from charging credit card users a fee at the checkout, Canada's competition watchdog claims.

In an application filed yesterday with the Competition Tribunal, the Competition Bureau alleges that a "no-surcharge" rule and other policies of both Visa and MasterCard are "restrictive and anti-com-

petitive."

The filing has reignited war of words between the bureau on one side and the credit card companies on the other, who say the rules actually protect consumers from retailers who could slap fees on transactions and discriminate against card users.

Store owners are cur-

rently charged between 1.5 per cent and three per cent per credit card transaction, but the "no-sur-charge" rule prevents them from tacking on a surcharge to offset the extra amount. The bureau claims those fees add up to about \$5 billion per year in hidden credit card fees for Canadian merchants who pay some of the highest levels in the world.

Competition commis-oner Melanie Aitken maintains that encourages businesses to bury the surcharges in the prices of all their products - no matter what payment method is used.

The bureau also takes issue with credit card policies that prevent retailers from encouraging consumers to use other payment options, like cash or

▶ Visa and MasterCard process about 90 per cent of all credit card transactions in the country.

debit, which cost retailers less, and a requirement that merchants must accept all credit cards offered by a company, including premium cards that carry higher fees for acceptance.

However, the credit card companies and a consumer association argued that removing the rules would allow merchants to charge credit card users

exorbitant fees that can vary wildly while at the same time keeping current prices intact.

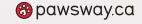
MasterCard said if businesses were forced to charge a fee for use, it would result in a form of discrimination against credit card holders, who would have to pay more for using the cards.

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### GIMME SHELTER – THE CANADIAN VERSION



Thanks to man's hubris and God's Great Plan, this country is being walloped by extreme weather, raising the spectre of car accidents, property damage, and a slew of Canadian disaster movies with names like Snow! and The Day Saskatchewan Stood Still.

he recent bad weather
— affecting everyone
from coast to coast except Margaret Wente
and Rex Murphy — reminds us that Canada
will be hit by more calamities as
the Earth's weather patterns
change.

Deluges. Dumpings. Death from the skies. It won't be long before Environment Canada's special weather statements just say, "Pray."

Meteorologists concerned about climate change spend months analyzing information from dozens of satellites, hundreds of monitoring stations, and thousands of hands sticking out windows. Then they give up, call a press conference, and blame everything on El Nino

That might sound imprecise, but it's a big improvement on the early 1900s, when weather prognosticators relied largely on the reactions of barnyard animals. For instance, a meteorologist would take a live chicken, throw it into the air, and make his wind readings based on the chicken's speed, direction, impact crater, and giblet radius

We at Metro care deeply

about you, the reader, because you, the reader, could one day become you, the advertiser, which is why I've prepared a special chart that explains the different levels of storm and how quickly they will kill you. You're welcome.

You're welcome.
Category 1: Trees sway;
reporters' raincoats flutter; kids
go sliding. (Media designation:
Snowmageddon)
Category 2: Telephone wires

Category 2: Telephone wires whistle; reporters standing in the snow yell, "There's a lot of snow!"; televisions tragically lose reception late in the third period. (Media designation: Apocalypse (S)now)

Category 3: Telephone poles whistle; storm jokes appear in late-night monologues; reporters comically flap in the breeze à la Kermit the Frog in a Big Bad Wolf sketch. (Media designation:

Possible El Nino Link Storm)

Category 4: Television news executives whistle; people pray to Jesus; storm cleanses gene pool of particularly stupid surfers. (Media designation: Possible al-Qaida Link Storm)

Category 5: People pray to all available gods; crazy people yell, "You call this a storm?" then blow away; script rights for movie sold to Michael Bay. (Media designation: Award Nomination Storm).

Fortunately, winter eventually comes to an end. Then all you'll have to worry about is droughts, skin cancer, and hurricanes. Metro reminds you to have a live chicken ready, just in case.



Read more of John Mazerolle's columns at metronews.ca/hesays

**Cartoon** 

MICHAEL DE ADDE

## \$h\*! that Santa says



#### Worth mentioning

Santa has succumbed to Twittermania. Actually, multiple Santas of varying integrity have succumbed to Twittermania. Some are honest-to-goodness jolly old elves who want to bring joy into the hearts of children around the world. Others would like to sell you things. A few are downright rude.

Here are a few of your options:

You would not let your child watch @loadedsanta if he was on TV. He has a foul mouth and, apparently, a venereal disease.

Loaded Santa has one competitor in the "Most Vulgar" category. That would be



@RealSantaClaus, full name Santa Hussein Claus.

NORAD Santa has clout. In fact, @noradsanta is so well-connected that he appears to have hired someone to tweet for him — probably a young, nerdy elf. He's a little dry — maybe he's following military protocol? — but otherwise @noradsanta is

as good as it gets.

@NorthPolePost, who, like the others, touts himself as "the real" Santa. He tweets about how cute Mrs. Claus is and how much he loves lamb stew. He responds to tweeted letters from his fans without swearing. If St. Nick is really on Twitter, this could be him.

TORSTAR NEWS SERVICE

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Publisher Steve Shrout, Managing Editor Darren Krause, Advertising Sales Manager Chris Mackie, Distribution Manager Dave Mak

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#### Metro Minute with Cappy Smart Band

The Calgary Fire Department's Cappy Smart Band will bring a warm, festive spirit to Mount Royal University this evening.

versity this evening.

Presenting its Christmas concert, the band will begin inside the Leacock Theatre at 7:30 p.m. Admission is a charitable donation at the door.

Chief James (Cappy) Smart originally formed the Cappy Smart Band in the late 1800s. It presently features 50 classical musicians, including active and retired firefighters as well as members of their families.

The band provides music at all Calgary Fire Department ceremonies and also helps raise awareness for numerous charities and non-profit organizations.

For more information, visit cappysmartband.com.









Lisa Kudrow's TV series Who Do You Think You Are? has lined up Tim McGraw, Lionel Richie and other stars who want to trace their family roots.

NBC said Tuesday that the new season of the show will also include Ashley Judd, Steve Buscemi, Vanessa Williams, Rosie O'Donnell and Kim Cattrall.

Kudrow, the former Friends star, is an executive producer for the show. She said celebrities who take part are eager to find answers about their family history.



Roger Ebert's new movie review TV show to premiere in January, cleared for 192 US markets.



# All play and no work makes Jack happy



It's been three years since Jack Nicholson's last movie — The Bucket List with Morgan Freeman but the Hollywood icon wouldn't exactly say he's been missing a lot of

"I love it, not working," Nicholson says. "I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

proving them wrong."
His latest, How Do You
Know, finds him playing
Paul Rudd's intimidating
father, watching his son

"I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

JACK NICHOLSON

navigate a love triangle with Owen Wilson and Reese Witherspoon.

The movie re-teams Nicholson and writer-director James L. Brooks, who has twice directed to an Academy Award. "He's kind of close to

"He's kind of close to me. It's a privilege to work with Jim," Nicholson says. "A couple Oscars didn't hurt cementing the relationship. That's how you know you're in love."

Just because they're old friends doesn't mean

Brooks goes easy on the 73-year-old actor. In fact, Nicholson says, his old pal can be a bit tough sometimes.

"This crying scene I had with Paul [Rudd], I'm doing it like this and all of a sudden [James] comes running out from the back and he says, 'I don't think we want the grips laughing around the television set in the middle of a scene like this." Nicholson remembers.

"And I thought, 'This is

a comedy. I never had direction like this.' Don't make anybody laugh! I thought, Jesus Christ. Then he forgot it! I told him this the other night and he forgot he did it. Somehow it's inspiring."

With nothing new on his agenda, Nicholson is looking forward to returning to his life of leisure.

"I like not working. I know that's kind of hideous and blasphemous, but I really do," he says. "And I think I've started to infect others of my young guys. I had a conversation with Leo [DiCaprio] and he said, 'Geez, I love not working.' I said, 'See what I mean?' I don't want to infect him."

So what keeps Nicholson busy if it's not acting? "I just like getting up some time between 11 and 1 p.m., which is not movie hours — unless you're doing night movies," he starts before listing off his current hobbies. "Play golf. I got a couple of kids in college, so I'm on the phone a lot. See my pals, chase women around. Not too much. Talk to my congressman, go to funerals."

And what about going to the Staples Center, where Nicholson can regularly be seen sitting courtside, supporting the Los Angeles Lakers?

"That's more of a job," he says with a gruff laugh. "I have to be there."



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**Album reviews** 

A classic **\*\*\*\*** | Buv it **\*\*\*\*\*** 

Get the single \*\* | Borrow it \* | Don't bother \*



Michael Jackson Album: Michael Label: Sony

The challenge here is to put aside all the pre-release chatter about this album being a cash grab. Will.i.am of the Black Eyed Peas has even denounced it as "disrespectful" to the gloved one's memory. All of that maybe true. Nonetheless, there's some decent music here. These 10 tracks, after all, have been pieced together from unfinished remnants. There are times when you're left cringing and asking aloud 'is that really Michael singing?'

Considering that, the estate's production team has done some Herculean work. Indeed, it's amazing that this disc contains only two or three true dogs. There's the ridiculously self-serving Breaking News, and even 50 Cent's spurious snarl couldn't save the laughably horrid Monster. The lead single Hold My Hand is more Akon than MJ but it's already doing well on the charts. Michael has its moments. The gospel-tinged Keep Your Head Up is truly uplifting and the album's top track, (I Like) The Way You Love Me, is a surprisingly delight.

GRAHAM ROCKINGHAM



#### Crystal Bowersox

**Album:** Farmer's Daughter **Label:** Sony

Crystal Bowersox's ability to belt out blues rock a la Melissa Etheridge or Janis Joplin made her a favourite to win last year's American Idol. Her vintage-style vocals only got her to second place, though. So on her debut disc, Bowersox wisely tailors her talents toward a country rock audience, ala Miranda Lambert. The result is impressive, but fails to deliver a star-making knockout punch. • GRAHAM ROCKINGHAM



#### R. Kelly Album: Love Letter Label: Jive

"I want to bring the love songs back to the radio" sings Robert Kelly on his tenth album. With Love Letter, his effort to do so is a valiant one, as Kells tones down the crazy quite a few notches to return to the slow jams and ballads that built his career. Those hoping he'd return to the silksheeted R&B should find solace in Love Letter.





Ryan Adams and The
Cardinals
Album: Cardinals III/IV
Label: Pax Am

⊕⊕⊕⊕
Recorded in 2006, Adams'
fifth album with the Cardinals saw them break from
Easy Tiger's twang to

explore some spirited rock
'n' roll. Like 2005's Cold
Roses, there's too much to absorb at once, but thank-fully the concept is loose and the band is fully amplified, leaving Adams to fully indulge in a tribute to The
Replacements. ♠ CAM LINDSAY

# Flo Rida not too worried about album sales

#### • Rapper has seen much success with his singles

day

and

Flo Rida has sold millions when it comes to hit singles, but his albums have yet to get that kind of love from music fans.

His first two albums haven't reached gold status, and his latest, Only One Flo (Part 1), debuted at No. 107 on the charts earlier this month.

But Flo Rida said he's not concerned with how many albums he sells.

"You're trying to sell records, sell singles — do it all. But I'm not too fond of even just worrying about that," he said. "The most important thing is just, you know, connecting with the fans on a worldwide basis because a lot of times you'll see numbers and that doesn't play a part in the whole worldwide numbers."

The rapper's first two CDs, 2008's Mail On Sun-



R.O.O.T.S., have sold 430,000 and 266,000 units, according to Nielson

SoundScan

But Flo Rida's singles have topped the charts and sold millions digitally. His debut song, the party jam Low, has sold 5.7 million units, while the uptempo Right Round has

moved 4.7 million singles in sales; both songs hit the No. 1 spot on the Billboard Hot 100 chart.

The 30-year-old said selling millions of singles is just as good as selling millions of albums.

"When you look at the numbers it definitely ... adds up to that," he said. "So I'm doing pretty good."

Club Can't Handle Me, the first single from Flo Rida's latest album, is quickly approaching double platinum status.

It features French disc jockey-producer David Guetta; other guests on the album include Ludacris, Gucci Mane and Akon.

The eight-track album will have a sequel set for release "in the next couple months," Flo Rida said.

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# Fostering his fanbase

#### Cummings' inspiration for tweeting stems from his wish to have messaged the John Lennon

Burton Cummings remembers being a Beatles-obsessed teenager and can only imagine how cool it would've been if he could've messaged John

Which is why the former Guess Who frontman is a big Twitter user and a

#### Occasional tweet

- The members of country band Doc Walker say they aren't that into tweeting and only do it occasionally for promotional reasons.
- "I have dial-up so I really don't do much, I push send and I go change the oil in my truck and come back and hopefully I've put my status up for the day," joked Chris Thorsteinson, and added that his fans mostly aren't into it either.

frequent blogger.

"Back in the day if I could've emailed John Lennon or Jim Morrison or some of these people or some of these people who are gone now, just to think they might've read my stuff, I would've been thrilled," said Cummings during a recent interview.

"I've got these people who literally have been following me for 40 years, they like my songs, and now there's a place for all of us to congregate."

Cummings is one of many musicians who are using social media to foster their fanbase by interacting with f personally online. followers

If there's a downside to it, it's that some musicians be overexposing themselves, he said.
"The big difference, I



think, between then and now is there was still some mystery then, some wonderment ... and there's none of that anymore," Cummings said.

'There's no more hiding anymore. In a sense that makes me sad, everything's a bit too much out in the open sometimes,

too immediate.

Rapper Kardinal Off-ishall says he doesn't really tweet his thoughts much and sticks mostly to sharing pictures of what's going on around him.

"Let's get it straight: I'm a TwitPic'er, I'm not a Twitterer," he said.

#### Thanks for the ALL CAPS

Burton Cummings considers his fan demographic when using social media, which is why he always posts in all caps though it's considered bad form online

"I'm in my 60s now and a

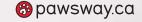
lot of my fans are older than me and some of them have problems with glaucoma. astigmatism or macular degeneration, and I have been thanked on numerous occasions for using all caps," he said. THE CANADIAN PRESS

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## A newer, softer version of American Idol

American Idol judge Randy Jackson, left, and host Ryan Seacrest.

#### ▶ With Simon Cowell gone, new season won't feature the same criticism of contestants seen in years past

American Idol has lost its mean streak.

The hit Fox television show once exalted equally for its sensational singing and cutting criticism is embracing a softer approach this year following the exit of top villain Simon Cowell and the addition of new judges Jennifer Lopez and Steven Tyler.

The famous performers said they are taking turns nurturing this year's contestants, some as young as 15 for the first time ever, and providing tough feedback.

"We all want them to do well because we actually believe in them," said music producer Randy Jackson, the lone remaining original Idol judge.

The change is part of an ongoing makeover of the popular singing contest as the former mega-hit enters its 10th season with sagging ratings. Hoping to borrow some of Sin City's showbiz sparkle, Jackson, Tyler and Lopez moved to Las Vegas for the week to

8

American Idol's ratings dropped 8 per cent last season. As part of its makeover, results episodes will move from Wednesday to Thursday nights when the show returns in January; Tuesday performances will move to Wednesdays.

narrow down a group of 60 finalists to 40 favourites.

The episode is being filmed at the LOVE theatre, a Beatles tribute hall at the Mirage hotel and casino on the Las Vegas Strip.

This is the first time American Idol has taken its so-called Hollywood round on the road.

During the episode, contestants will sing Beatles' tunes on stage with a live band, Lopez said.

"You really get to see who are the performers and who is not going to be the performers," said Lopez, clad in a silver jumper that barely covered her tanned thighs, at a news conference outside the theatre yesterday.

Judge Paula Abdul left in 2009, and Cowell didn't return this year.

The new season is expected to play down its usual celebrity guest appearances and focus on the drama of the competition.

But there will be some star moments. Interscope chairman Jimmy lovine and celebrity producer Rodney "Darkchild" Jerkins have signed up to work with the would-be stars.

"I've been calling it 'Sea-

"I've been calling it 'Season 10, the Remix," 'Jackson said.

Fans can also expect contestants to cover Tyler and Lopez' greatest hits. Tyler is the frontman for rock band Aerosmith, while Lopez is a movie star also known for her dance tunes.

tunes.
THE ASSOCIATED PRESS

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# What makes a Modern Family?

TV couple talks onscreen chemistry and how sitcom imitates life







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One of the best sitcoms to hit television in recent years is the Emmy award winning show Modern Family. The hilarious storylines revolve around a married gay couple who've adopted a Vietnamese daughter; an older man and his much younger vivacious Colombian wife; and a homemaker married to a big kid of a husband raising their three children.

Actors Jesse Tyler Ferguson and Eric Stonestreet play married couple Mitchell and Cameron, and Stonestreet won an Emmy this year for his comedic role. Metro sat down with the on-screen couple on the show's set.

#### What is your definition of a "modern family?"

JTF: To me it means something that is all encompassing; all ethnicities, all sexualities and no ageism. I would hope that would be the universal term. I had never really given it much thought until I heard Ricky Martin refer to his family as a 'modern family,' which I thought was kind of interesting.

### Has a storyline ever been stolen from your own lives and ended up on the show?

JTF: Oh yeah, lots. I had to come out to my father three times, so that was in the script. And ironically, my dad used to make T-shirts for us kids and Jay makes these T-shirts that read: Clear and Present Danger. But just so we're clear, my father has got that I'm a gay man now!

Can you talk about how we've learned to know about

#### your characters since we meet Cam's mother (played by Celia Weston)?

ES: I say in that episode that she's raised many kids, a couple of barns and a whole lot of hell, so now we know that Cam has siblings who we'll eventually meet at some point. I loved working with Celia as I remember her from watching Alice as a kid. She plays the perfect inappropriate mother who gives a lot of open mouth kisses to people she meets for the first time, which is a storyline taken from one of the writ-

ers' personal experiences. JTF: We are now excited to meet who Cam's sister might be. We do casting calls in our heads all the time ... What about this person? We've cast Al Pacino in about seven different roles!

### Your relationship is so convincing on the show. Did it come naturally to you both?

JIF: Eric and I are so comfortable around each other. We did do a chemistry read in the very beginning but I think it comes down to the fact that we like each other as people. We had that instant comfort zone, which was lucky for both of us.

ES: Chemistry from my perspective comes from a sort of willingness and an open heart to service the moment, the scene, the script and chemistry also comes from a desperation for your career! Like, we desperately realized that this was a great show and we had a great opportunity to have an awesome relationship on the show, so we wanted to make this work.

• METRO WORLD NEWS



# Christmas came early for Sheen

• Porn star alleges actor shouted racial slurs, choked her and threatened to kill her in hotel suite Sheen sued Anderson for \$1M over allegations

Charlie Sheen can rest easy this holiday season after authorities announced he's off the hook for his Plaza Hotel rampage in which Capri Anderson accused him of terrorizing her while he trashed a hotel suite, according to TMZ.

Anderson had filed a police report accusing Sheen of assault and battery, and false imprisonment.

"There will be no arrests made in the case," an NYPD official says.

METRO



#### **Connelly, Bettany** expecting baby

Jennifer Connelly and husband, Paul Bettany, are looking ready to welcome another member to their family, as Connelly is expecting their second child, according to People magazine.

Becoming a mother has made all the difference in terms of learning to take more responsibility for myself and my life."

she tells the magazine.

"The biggest thing for me is wanting my kids to grow up safely and have happy lives. To me, that's enough."

Connelly and Bettany have a seven-year-old son together, and Connelly has a another child, 13, from a previous relation-



#### **Celebrity tweets**



Pegg [Asimon peaal Nutritionally

speaking, an egg white omelet and a side of bacon is as empowering as feasting on the still beating heart of your worst enemy.



[@kirstie alley] I can't wait till vou all can see gorgeous

Benjamin Travolta...The handsome boy is yummy...YUMMY.



William Shatner [@william shatnerl I've been told my

damaged star on the Canadian Walk of Fame has been fixed. I wish I could replace my face as easily.



ot famous for 15 minutes

#### Miley angry with friend over leak

Miley Cyrus is reportedly furious with Anna Oliver, the friend who supposedly shot the video of Cyrus smoking a bong filled with salvia that hit the Internet last week, according to Hollyscoop.

"Miley is really pissed because they were close," a

source says, explaining that Cyrus believes Oliver had something to do with the leak. But the Disney star's anger is nothing compared to that of her fans, who went after Oliver on Twitter, forcing the young woman to deactivate her account. • METRO

#### **News in brief**

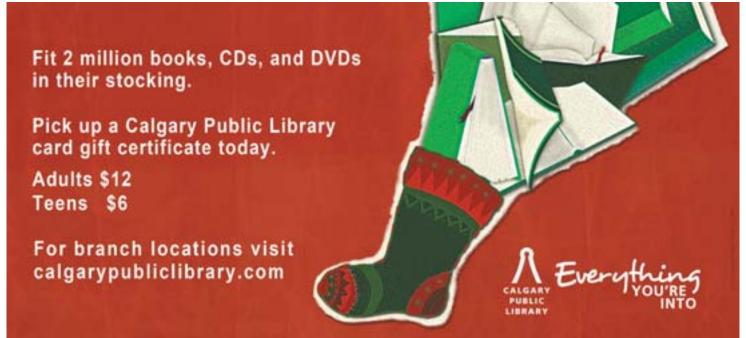
#### **Hurley eager** to get divorced

SPLIT. Elizabeth Hurley is reportedly in a hurry to get her divorce from Ārun Nayer over with so that she can move on with new beau Shane

Warne, according to Hollyscoop. • METRO

#### Howie do it? **Win for Mandel**

FESTIVAL. Toronto-born actor, comedian and game show host Howie Mandel will receive an achievement award from the Banff World Television Festival. ♠ METRO



life





Angelina Jolie had her own request for stunt gear in the new movie The Tourist: stilettos. Jolie did her stunts in Salvatore Ferrag-amo heels. The heel height came down a bit for the most active scenes but "she basically toughed it out in her shoes," says costume designer Colleen Atwood. Iolie came to her first fitting for the flick wearing her own pair of metaltipped stiletto pumps that would eventually become her character's. THE ASSOCIATED PRESS



Target and William Rast form a purposeful relationship for lateholiday sales Who can forget the thigh-high boots Julia Roberts wore in Pretty Woman?
 Twenty years later, tall boots are back and this time on ladies of fashion – not just ladies of the night





Though thigh-high boots rocked the runway more than a year ago, it's taken some time for the trend to gain acceptance by a broader audience. Now, above-the-knee styles are adding a sexy-yet-chic statement to skinny jeans, leggings, skirts and dresses.

"Every girl wants to be a little sexy," says Stuart Weitzman, a footwear designer. "Do you know an American woman who hasn't seen Pretty Woman?"

Weitzman, who has made tall boots in past seasons, says above-the-knee boots are so popular now because women wear tights with many looks – even miniskirts and shorts. "They complement the new kind of dress that many, many girls are using today. It sort of breaks up the whole naked leg look and becomes an acceptable adaptation of modern dressing."

Options are plentiful. Choose dramatic pair with a high heel, a mid-height wedge or a flatbottomed boot. They come plain or embellished with chains, buckles and studs, and with details like distressing and lacing. Depending on the look you want, they can add glamour to an evening ensemble or warmth for running errands all day.

#### "Trust me. It's like wearing a legging. It elongates everything."

FOOTWEAR DESIGNER
BRIAN ATWOOD

"They're sexy and fun and everyone can wear them in their own way," says Brian Atwood, who was recently named Footwear News' designer of the year.

The beauty of the style, he says, is that it lengthens your appearance, regardless of your height. "Trust me," he says. "It's like wearing a legging. It elongates everything."

The public just needed

to adjust to a style that, for some, spur thoughts of fetishism.

The success of the highend designer collections showed retailers that the every-day shopper was ready for the look this year, said Avril Graham, executive fashion and beauty editor of Harper's Bazaar.

"It had been seen as a very high-fashion look and super trendy," she says. "Now, it's so much more accessible. I've been travelling across the states in the last few months and I've been noticing so many more regular women are wearing this look."

THE ASSOCIATED PRESS







#### 1 LUCKY LEGS

Lucky Brand Fabia above-theknee boots;

#### 2 GORGEOUS GAMS

Via Spiga Georgia flat abovethe-knee boot; piperlime.com

#### 3 SULTRY SWAGGER

Brian Atwood above-the-knee sueded RZ boot; piperlime.com

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\$315; hudsonshoes.com

4 REISS CHINOS \$175: reissonline.com



5 CUTLER & GROSS SPECS

6 BEN SHERMAN SHIRT

# Madonna and child branded

The Material Girl is bringing her clothing line of the same name to

The collection designed by Madonna and her daughter, Lola, will be exclusively available at The Bay next spring.

The line will be carried at the retailer's 91 stores across Canada with items ranging in

items ranging in price from \$12 to \$68. MG ICON, the joint venture between Madonna and Iconix Brand Group, Inc., and the Hudson's Bay

Company announced the direct-to-retail licence agreement for the Material Girl brand on Mon-

day.

"We are delighted to bring this brand to Canada because it offers fashion lovers savvy style with amazing val-

ue," says Bonnie
Brooks, Bay president and
CEO. THE CANADIAN PRESS

### Head Dress

#### THE KIT

Birds of a feather flock together.

Now is the time to show your primp and proper side with a band of beguiling plumage from Toronto accessories guru Headmistress — just in time for the height of the holiday party season.

FEATURED HEADBANDS:

Trout Lake Headband, \$45 (top right)



Band, \$25 (top left)

All designed by



Wood loveheadmistress.com authority and first-ever digital beauty magazine. Subscribe for free at thekit.ca.

THE KIT is Canada's beauty

### What to wear when in the air

METRO WORLD NEWS



KENYA HUNT

A cardigan that is warm enough for the frigid air cabin, but light enough to move comfortably in.

ASOS cardigan, \$72; asos.com

2 Shoes that are comfy enough for the trip to the airport and easy enough to slip off at the security gate.

Rachel Comey booties, \$357; shop.creatures ofcomfort.us

3 A shopper for your water bottle, book and magazines that is soft enough to squeeze un-

derneath a seat.

Peter Jensen canvas tote, \$90; openingceremony.us







# Entertain like a designer would

Tips from HGTV's Peter Fallico on how to have the perfect holiday party

#### DECOR MOMENT



HOME@ METRONEWS.CA

Keep it simple and fresh when

entertaining, says Peter Fallico, host of HGTV's Home To Flip; a show that follows him through buying, renovating, decorating and selling fixer uppers. His passion for fix-ing up old houses and incorporating smart decorating ideas comes through on his television shows - and in real life.

I recently interviewed Fallico at an old home he recently purchased to renovate. Looking around the house it's clear to see that

he has a lot of work ahead of him and it's hard to believe that he recently pulled off a fabulous holiday party for 40 people in the old house.

Fallico gave me his scoop on entertaining and decorating trends for holiday gatherings at home.

#### How are we entertaining differently than we did in the

past?
I think we are all craving for formality, but because of less time and busier lifestyles we need to keep things simple. With the trends of larger, open kitchens we are seeing more casual holiday parties rather than using a formal dining room.

#### How do you entertain friends and family during the

I held my annual holi-

day party in an old house that I've recently pur-chased to renovate. I created an entire evening using various areas of the house

I started off with drinks in the unfurnished living room, then an informal dinner around the old kitchen/dining area. I then moved all my guests into a cosy den for after dinner drinks and watched a funny holiday movie.

I filled the old fireplace (not even sure if it works yet) with a dozen candles and laid a large antique Persian rug on the floor with lots of cushions. I used the dining table as a buffet table and placed it in the centre of the dining area room and I had comfortable chairs and a large banquettes off in the corners for guests to lounge around.

#### Responsible host

- Transportation. Part of being a great host is being a responsible host. Encouraging guests to take public transit or taxis, hiring a bartender to monitor controlled alcohol pouring, have a designated driver at your party or have an extra bed ready.
- Club Metro. Are you hosting a holiday party? Baileys Canada and Metro want to help you be a responsible host. Enter at clubmetro.com and vou could win transportation to get your guests home safely.

#### What's your best entertaining/party stress-reliever tip?

I am not a big cook so I always try to order in most of the meal. I might make some appetizers and a ▶ Peter Fallico from HGTV's Home To Flip.

soup or salad; the rest comes from a local caterer.

I try to enlist help; a friend or family member to help greet guests, take coats, help with serving up food, etc. I keep flower arrangements versatile and simple to be used after the party, and around oth-er areas' simple lilies teamed with red branches or holy creates a clean, simple arrangement.

I don't worry about trendy colours and themes for holiday decorating. I keep to white, silver, clear glass, crystal and fresh greens; they are all classics that never go out of style.

#### Peter Fallico's best tips for setting the mood?

Choose one scent from candles and room sprays and dabble them around the house.

I like fresh green scents like pine, cedar and spruce.

I choose a type of music that sets the tone for different times of the party; classical as guests arrive, jazzier during mingling with drinks and then quieter while guests are eating. After dinner I show off my most recent collection of dance music to get my guest's spirits up and the dancing started.

I bring out all my silver, crystal and glass objects to create sparkly groupings for impact on buffet and coffee tables. No need in keeping it locked in a china cabinet: the holidays are the time to unleash small touches of collected luxury.

For more holiday decorating ideas and tips visit hgtv.ca.

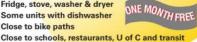
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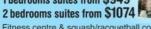
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# Flavour is missing from downtown bistro

#### The food at Bistro at Art Central is just average

#### **LUNCH RUSH**

ANDREE LAU FOOD@METRONEWS.CA



The Bistro at Art Central has a lot going for it: a central downtown locaassic art deco

tion and a classic art deco look. Unfortunately, its bistro food falls flat.

The Bistro quiche (\$12) with smoked chicken and gruyere cheese looked promising. While the crust had a nice flakiness to it, the quiche itself turned out bland and lukewarm. The side salad was strangely drizzled with mango dressing that didn't quite make a perfect partner.

We fared better with the Bistro burger (\$12) that came with a respectably moist Alberta beef patty. Bonus points for the tangy zucchini relish and crispy, skinny fries. Maple crème brûlée (\$6) was a decent sweet ending to the lunch.

It might have been the lateness of our meal but many menu items were no longer available, which was disappointing. The reasonable prices are welcome in this part of downtown but it's too bad the

food is just average.

➤ Bistro at Art Central 107 7th Ave. S.W., artcentralbistro.ca (403) 262-0282 Price range: \$5 - \$18 Rating: \*\*½





Butter Tart Shortbreads

#### **Preparation:**

- filling: In a saucepan, stir together raisins, butter, sugar and cornstarch. Stir in hot water and cook over medium heat until thick.

  Remove from heat and stir in lemon zest and juice. Let cool.
- 2 Shortbread: Preheat oven to 180 C (350 F). Using an electric mixer, beat butter with 250 ml (1 cup) sugar until light and fluffy. Add egg and mix well with a wooden spoon.
- In a separate bowl, whisk flour and cornstarch together. Add to butter mixture and mix until dough is just combined. Dough will be stickier than typical cookie dough.

- Divide dough in half and press one-half into the bottom of a parchment-lined 2.5-l (9-by-9-inch) square pan. Pour cooled filling evenly over shortbread
- Divide remaining dough into 4 pieces. With floured hands, pat each piece to fit 1/4 of the pan until the top is covered. Smooth top pieces together with a knife. Sprinkle top with 50 ml (1/4 cup) sugar.
- 6 Bake for 40 to 45 minutes or until shortbread is golden brown. Let cool to room temperature and cut into squares.

  THE CANADIAN PRESS

#### Ingredients:

- Filling
   375 ml (1 1/2) cups sultana raisins
- 30 ml (2 tbsp) butter125 ml (1/2 cup)granulated sugar
- 15 ml (1 tbsp) cornstarch
- 250 ml (1 cup) hot water
- 15 ml (1 tbsp) lemon zest
- 30 ml (2 tbsp) lemon juice

#### Shortbread

- 250 ml (1 cup) unsalted butter, softened
- 250 ml (1 cup) granulated sugar, plus 50 ml (1/4 cup) for sprinkling
- 1 egg
- 375 ml (1 1/2 cups)
- all-purpose flour • 125 ml (1/2 cup) cornstarch
- 30 ml (2 tbsp) lemon juice

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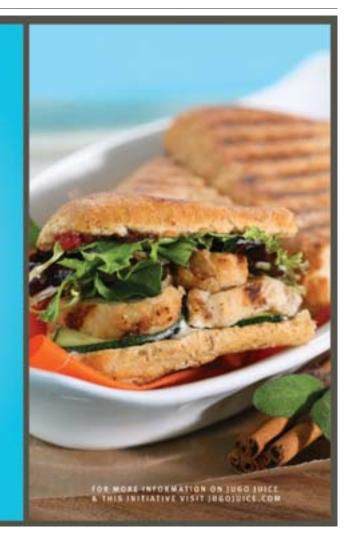
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pets are family, check out our gifts for furry children.



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# TECH LOVER'S DREAM

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Microsoft LifeCam Studio Full 1080p HD sensor delivers widescreen video at 16:9 at up to 30 frames/second. High-fidelity microphone for more natural audio. Major electronic retailers

#### 2 ALIENWARE \$799

For the gamers in your life, the Alienware M11x is the perfect gift. At just 4.5 lbs, the M11x is the most powerful 11-inch gaming notebook on the market. dell.ca

#### 3 SAMSUNG \$349.99

The T10 camcorder boasts an ultra compact and lightweight body, a 2.7" Touch LCD display, and incorporates an advanced 1 / 4" 5.1 M Pixel BSI CMOS Sensor. Records at 1920 x 1080 60 i Full HD resolution Major electronic retailers

#### 4 KODAK \$199.95

The Pulse Digital frame's personal email allows anyone to send photos anytime from any computer and mobile phone as well as through the Share feature on Kodak M series digital cameras. Best Buy, Future Shop, Black's, The Source, Henry's, Sears and Kodak.ca.

#### 5 GRACO \$59.99

Help baby sleep with Sweet Slumber sound machine that creates sounds from a library of 12 soothing selections featuring white noise, nature sounds and Iullabies, or share favourite songs with the MP3 plug-in port. Babies R Us

#### 6 SHARPER IMAGE \$189.99

Sharper Image Bluetooth Sound System with iPod Dock and FM Radio allows you to play your MP3/iPod without the need to dock your device. The built in 2.0 digital amplifier creates outstanding sound quality. **The Bay** 

#### 7 XBOX \$69.99

Operating from as far away as 30 feet and offering up to eight hours of battery life, the Xbox 360 Wireless Headset eliminates another pesky cable. WalMart, Best Buy, Future Shop

#### 8 D-LINK \$199.99

The Boxee Box wireles HD media player provides access to favourite Internet content right on HDTV. Instead of a keyboard, the Boxee Box comes with a two-sided RF remote control with a full QWERTY keypad. Best Buy

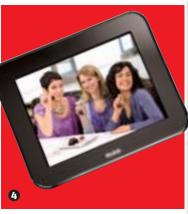
#### 9 TOSHIBA \$419.99

The CV100C dual television and DVD player is a great holiday gift. The unit is \$369.99 for the 19 inch model, \$419.99 for the 22inch and \$519 for the 26 inch. Future Shop, Best Buy























Gifts with a bite

This year, give these items to make your pet or pet owner a little happier



Pet people love splurging during holiseason. And whv not? Shopping for a pet pet owner — can be fun. Splurging doesn't need to be all glitz and no function.

In our home the holidays are a time inspect tovs. leashes and collars and replace any that show signs of wear. Thankfully this year manufacturers are offering a wide array of innovative products that make life with pets easier, safer and a lot more fun.

#### DOGS

#### Chew This by This & That naturally shed deer antler

Dogs love to chew. Deer antlers are an alternative to traditional bones. This line is 100 per cent natural and 100 per cent di-Unlike many gestible. chew products it does

mushy leave smelly stains. It's longlasting and suitable for power chewers.

Avail able at pet supthisand-thatcanine.ca. Price ranges from \$12 to \$30 depending on size.

#### German engineered glow col-

Glowdogaie -

Collars that light up are nothing new but Glowdoggie has some serious bells and whistles. A sensor automatically turns the product on and off. The product is waterproof - perfect for families who love to camp. Light is emitted from all sides of the collar allowing the dog to be seen from all directions. It also allows oncoming motorists to see pets and their people during evening walks.

Available glowdoggie.com. Approximately

#### **CATS**

#### Skinneez by Spot - stuffing free, cat-nip filled toys.

This line pro-vides a wide assort-

ment of animal shaped toys. They will appeal to cats that like to carry around their, "prey. skunk squirrel are particularly appealing. tails com-Bushy bineď with catnip bring out the hunter in your feline. The absence of stuffing allows cats to grab, drag and carry the toy with ease.

Available at pet supply stores and at ethicalpet.com, click on cat products menu 2009. Price ranges from \$3 to \$5

Play-N-Squeak — interactive

This toy provides great interactive play with owners. Some come with finger albands

lowing owners to lure and tempt their kitties into play mode. As cats pounce on the toy, it emits a realistic electronic mouse sound — enticing cats to play even more.

Available at pet supply stores and at playnsqueak.com, go to prod-ucts, and scroll mouse toys. Price ranges from \$5 to \$10.

#### PET LOVERS

Born to Bark. My Adventures with an Irrepressible and Unforgettable Dog by Stanley

Coren is a long-time fixture in Canadian dog training circles. In this book he describes his personal iourney and

Send money how it led to a online or little terare made to look foolish. Available at book stores. Price ranges from \$17 for the e-book to \$30 for the hardcover.

Remember that not all animals have the luxury of getting gifts. Some don't even have homes. Help those in need by making a donation to an animal shelter. If money is not an option, many shelters will gratefully take used but clean towels, blankets and

so benefit when you purchase gift items directly from them. You can find unique gifts at their local

> economic hardships may also welcome a gift certificate food. Amd remember that not all gifts cost money. Offer to walk a pet for someone who is elderly, ill or iniured.





# Creating traditions | Make it glitter

#### • Do things your family will remember for years to come

The holidays are the perfect time to take a breather yes, that's right. Take a few minutes and think about what means the most to you and your family. You probably will find that the things that are the most meaningful are the memories vou've shared through the years. Often the gifts are soon forgotten, but decorating the tree with your kids' handmade decorations every year or serving a special eggnog recipe in grandmother's silver punch

bowl will usually the be rituals that you treasure. "What is so awesome about family traditions is that they can be whatever you want them to be,'

savs Sandy Sandler, founder of Crafters 4 Kids. "Even if your family never had a special tradition, with a new tradition that you will carry forward.

a few ideas for creating great holitradidav tions to incorporate into

Give to a

friend at

no extra

metr⊕

cost.

something down before dinner that they are thankful for and read it before starting dinner," Sandler suggests.

Giving everyone time to think about this and actually write it down makes it more meaningful and makes people feel more at ease than they would be if they had to think of things on the spur of the moment. these

and

bring

them out on different occasions. It's amazing to see how everyone's lives evolve from year to year. Do it for the kids

When you create holiday

traditions for the youngest members of your family, you will be instilling memories in them for years to come. A favourite tradition could be started with close family friends who gather

together all the neighbourhood kids for a special par-

ber.

Each

sign their

name in

child

could

"Santa's

and write

down what they

year.

Big Book"

want San-

bring that

Then



that picture for the followyear's place setting. Family pictures always are treasured as presents, too.

CREATORS.COM

#### A few more ideas

Start a collection

This is one of the easiest ways to carry on traditions from one year to the next. Find a "collectible," unique and add to it each year.

It can be as simple as unwrapping your kids' handmade ornaments and decorating a Charlie Brown tree or as elaborate as setting up tables of snow villages complete with lights and trains.

Give to others

It's perhaps one of the best ways to celebrate the holidays. San-"spreading the love" by volunteering with members of your family at a food drive or a homeless shelter, helping other enjoy the holidays.

There are plenty of ways to make someone else's holiday brighter.

Create a special treat Food can indeed create special memories. Having a "signature" dish is a great way to start your own tradi-

CREATORS.COM

#### **Glitter Stenciled**

The holidays are all about traditions and nostalgia, and what better way to create new memories then by making ornaments your family can hang on the tree year-after-year. Creating vintage inspired

looking decorations with a modern twist is easy and makes for a great familyfriendly project.

Not only can each ornament be personalized but they make for thoughtful and inexpensive gifts.

For more festive craft

ideas go to hgtv.ca/holiday.

- Plain white ornament
- Ornament glue and brush
- Glue gun and glue gun sticks
- · Various colours of glitter
  - Ribbons and trim
  - Pencil and eraser Instructions

To start, remove the met-

al top of the ornament. Next, measure and divide the ornament into eight sections and mark the sections with a pencil.



Create simple shapes/designs within each section and outline them using a pencil.

Then, brush every other section with glue and sprinkle one colour of glitter on the wet glue.

Now let the glue completely dry.

Once the glue has dried, repeat the same process using a different colour of glitter until you've covered each section of the orna-

Then, using your glue gun, glue trim or ribbon to the edges of each section.

Finally, secure the metal top to the ornament and attach ribbon for hanging CONTENT COURTESY OF HGTV.



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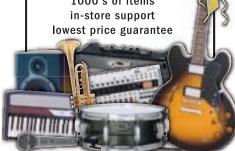
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# Bath and beauty gifts for her

• Spoil your lady with pampering gifts by Janine Falcon



1

Clarisonic Mia, \$189 A Clarisonic Mia cleansing system buffs and invigorates skin so she can save money on facials and put it toward something else the two of you might appreciate. Sephora



2

#### Kerastase Chronologiste Treatment, \$75

Along with giving her gorgeously shiny hair, the service includes a killer, 30-minute melt-into-apuddle head massage. 1-866-kerastase for salons



3

#### Bobbi Brown Modern Classic Palette, \$85

Beauty indulgences such as a an easy-use makeup kit of pretty eye shadow and lip colour are always welcome. Thank you. Very much. Holt Renfrew



4

#### Aromachology Custom Candle Collection \$50

Bathtime is sacred, especially when there's a lock on the family bathroom door. Aromatherapeutic candles to suit the mood sweeten the experience. myaromachology.com



5

#### Airplus Spa Footies

A little footsie TLC can go a long way. Infused with aloe and vitamin E, cosy Airplus Spa Footies serve as a soft, loving cuddle for tired soles. Wal-Mart, Zellers



6

#### Tom Ford Private Blend Lipstick \$52

A divinely chic lipstick is a makeup must-have, a bit of fabulous for her purse that makes her think of you every time she uses it. Holt Renfrew

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# Bath and beauty gifts for her

• Spoil your lady with pampering gifts by Janine Falcon



1

Clarisonic Mia, \$189 A Clarisonic Mia cleansing system buffs and invigorates skin so she can save money on facials and put it toward something else the two of you might appreciate. Sephora



2

#### Kerastase Chronologiste Treatment, \$75

Along with giving her gorgeously shiny hair, the service includes a killer, 30-minute melt-into-apuddle head massage. 1-866-kerastase for salons



3

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# Turn boring into great gifts

Some gifts can seem lastminute and impersonal even if they're actually quite lovely and usable.

You probably reach for those black cashmere gloves or light up the vanilla-scented candle far more often than you wear the funky necklace or beaded top that were under the Christmas tree last year.

But, still, it's hard to get jazzed up about gloves,

Well, here's some advice on turning a potentially boring gift into a great one:

#### **CARVES AND GLOVES**

Bendel's Bucciarelli thinks a leopard-print scarf is fail-safe. It's ageless and goes with al-

most any coat, yet it always updates your look, he says. 16-yeardaughter old and my 80vear-old mother each want

Nina Garcia. Marie Claire fashion



are convertible to fingerless

ones - or even just arm-warmers, those extra, hand-

free sleeves that are the

close cousin to the leg-

warmers of the '80s. It's the

way people can stay warm

and play with the new gadg-

et that was also under the

A sense of the wearer's

personal style is a must for a

says

SWEATER

sweater.

tailored

trendy,

frumpy

never

option.

cardigan

is usually

a safer bet

Holmes, but

whether the

recipient is

an

and Target consultant, style women can never have too many lace scarves: They can transform any outfit into something romantic.

She, however, is hoping Santa Claus has fur-trimmed gloves with her name on them. "Everyone has gloves, but not everyone has furtrimmed gloves," she says. You might not think about buying these for yourself, but it's a little touch of luxury you can give to someone

(She also points out to Santa the matching trapper hat.)

> Cashmere Macy's Lee's top choice, again because they're a bit of an indulgence, vet available at many price oints

Gifts.com

for women than crewneck or turtleneck because it is easier to adapt "as your own," she says. The current "it" version is a flowy, openwrap style.

> Send the gif of money.

she warns, don't go for something too fitted, gim-micky or glitzy unless you're sure that's what this person wears. Take a quick look through photo al-bums or Facebook

photos and take note whether this person tends to certain wear colours or silhou-TIE

Women don't always love other people buying their clothes because they often like doing it themselves and need items to fit

wardrobes, says Holmes, but that's not typically the

> "Men shop for them-

selves unless they're really into it, so they expect basic ties and shirts. Just don't let it be their only gift."

For a hipster, you might try introducing him to a bow tie, says trend and retail analyst Tom Julian. Any age man can wear one with the right attitude, he says, but it's the younger man who can really rock it

In more traditional ties, a

7.5-centimetre width is the norm and a five-centimetre

tie is trendy.
"I think a tie is a great gift to give a man and this is the perfect season to do so," says Julian, author of "Nordstrom Guide to Men's Everyday Dressing." "Ties are narrower and ties are not just for suits and business. Ties will show that you know his style."

For the friend who loves a particular designer but is watching his or her budget, a designer fragrance can be a really special gift, says Rochelle Bloom, president of the Fragrance Foundation,

an industry trade group.
"If you can't afford the whole outfit, this is a way to get their fashion vibe. Designers are really involved with fragrances, especially a Marc Jacobs or Donna Karan says Bloom.

Also, fragrance is the perfect way to enjoy the scent of a favourite flower note - elegant rose, delicate jasmine, calming lavender - in a form sure to last much longer.

THE ASSOCIATED PRESS





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# Give a flavourful gift

#### • Make tasty spice rubs and homemade mustards for friends and family who love to cook

While it is true that fat leads to flavour, it's not the only way to get there.

Creative spice blends and condiments can add plenty of Wowl-inducing (but low-calorie) flavour to low-fat foods. And since the holidays are upon us, why not make some of these to give as gifts? Plus, most of them are affordable and easy to make.

Start at a grocer that sells dried herbs and spices in bulk bins. This is the least expensive way to purchase them, and they often are fresher than bottled varieties.

Dry flavouring blends can be made either by mixing pre-ground herbs and spices or grinding whole spices in a blender, food processor or clean coffee grinder.

For example, try garam

masala, a common Indian spice blend that can be used for curries, a meat rub or even to season popcorn.

To make a 250-ml (1 cup) batch, combine a crushed 12-cm (5-inch) cinnamon stick with 60 ml (4 tbsp) each of black peppercorns, car damom seeds, coriancarder seeds and cumin seeds, plus 10 ml (2 tsp) each of whole cloves and grated nut-meg. Toast in a dry skillet over medium heat until fragrant, 8 to 10 minutes. Let cool completely, then grind, in batches if necessary. The blend can be packaged in decorative spice jars or small plastic gift bags.

To make a dry Italian seasoning blend, combine 45 ml (3 tbsp) each of dried basil, oregano and parsley with 15 ml (1 tb-sp) each of granulated garlic, dried rosemary, dried thyme and 2 ml (1/2 tsp) each of black peppercorns and crushed red pepper flakes. Grind, in batches if necessary. Makes about 250 ml (1

cup).
Custom
blended
condiments
such as

ketchups
and
mustard
also
are easy

to make and can be packaged in decorative canning jars.

A spicy curried ketchup can be made by combining 250 ml (1 cup) of prepared ketchup with 15 to 30 ml (1 to 2 tbsp) of garam masala spice blend.

This recipe for citruscaraway mustard can be prepared in about 10 minutes and makes four 125ml (4-oz) jars. If you like, you can include a recipe card with suggestions for using this sweet and savoury condiment on sandwiches, as a dip or as a coating along with some panko breadcrumbs for pork tenderloin or boneless, skinless chicken breasts.

#### Citrus-Caraway Mustard

Start to finish: 10 minutes (10 minutes active) 30 ml (2 tbsp) caraway

seeds 375 ml (1 1/2 cups) country-style Dijon mus-

125 ml (1/2 cup) orange marmalade 10 ml (2 tsp) freshly grated lemon zest

Four 125-ml (4-oz) jelly jars with lids

Using a mortar and pestle or a spice grinder, coarsely crush caraway seeds. Transfer to a mixing bowl.

Stir in mustard, marmalade and lemon zest. Whisk to blend thoroughly. Transfer mustard to jelly jars and cover tighty with lids. Store in refrigerator for up to 6 months.

Makes about 500 ml (2 cups).

Nutrition information per 15 ml/1 tbsp (values are rounded to the nearest whole number): 27 calories; 0 calories from fat (0 per cent of total calories); 0 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 6 g carbohydrate; 0 g protein; 0 g fibre; 343 mg sodium.

THE CANADIAN PRESS







# this year



# **Retail therapy**

#### Tips on how to stay healthy while holiday shopping

The holidays are typically a hectic time loaded with events and activities from potlucks and cocktail events to office parties and family gatherings.

It's easy to indulge in a few extra treats during the festive season, and often harder to maintain regular habits to keep bodies in check - like healthy eating and exercise.

The Ontario Kinesiology Association says individuals can still find ways to stay fit and keep moving amid the seasonal hustle and bustle.Here are some of the association's tips for healthy holiday shopping:

#### **Dress for comfort**

- Wear comfortable clothes that allow you to move easily so you can increase your stride and heart rate.
- Consider shoes that have proper treads to re-

duce the risk of slipping on ice or wet floors and allow you to walk faster and more comfortably.

#### What to carry

• Try to carry smaller bags; the weight of your purchases can add up quick-

• Try to carry bags on both sides to maintain balance. Awkward, onesided carrying can result in a sore back or a slip and fall

#### Pack your patience

- Have patience waiting for parking spaces or in long lines.
- Take a parking spot farther from your destina-

tion and walk the extra distance.

• While waiting in lineups practise posture exercises for your stomach, back and bottom mus-

#### Share the load

 If you are shopping with company, share the loads. Help your shopping mate and they can help you.

#### Plan your experience

• Know where you want to go and buy the heaviest and awkward gifts last.

• Consider getting a locker or taking your packages back to the trunk of your car regularly as a way to increase your exercise and reduce your carrying load.

• Don't forget to plan breaks and lunch times.

THE CANADIAN PRESS





# **GIFTS FOR THE CASTLE**

#### 1 SUNBURST MIRROR \$69.99

This whimsical Artika mirror is the perfect décor update for a bedroom. Pair it with an antique chest of drawers for the perfect mix of modern and traditional. Home Depot

#### 2 BREWING SYSTEM \$249.99

Part of the Gourmet Collection, the Cuisinart Keurig single serve brewing system allows users to enjoy instant coffee, soup, tea and hot cocoa with the press of a button. Canadian Tire

#### 3 KNIT THROW \$49.99

This gorgeous 60 x 70" chunky cable knit throw comes in brown rice and deep boulder beige and is machine washable. Sears

#### 4 STORAGE \$9.99

Antique book style storage is the perfect look for the den or library. Homesense

#### 5 DECANTER \$16.99

This cut glass spirits decanter makes a perfect hostess gift. Homesense

#### 6 MASSAGE CHAIR \$3,299.99

The Iyashi Massage Chair gives a true Shiatsu massage in a stylish, compact chair. The Air Ottoman System kneads and loosens shin and calf muscles; then neatly folds away. Features an auto body scanning system and reflexology function that stimulates massage points on your feet. Independent retailers

#### 7 ROASTER \$99.99

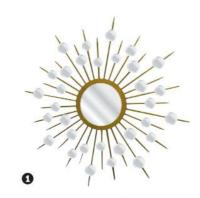
The Kitchen Aid 18" Red Roaster features quality steel that is covered in tough porcelain both inside and out and is strong enough to withstand all the rigors of a busy kitchen. The generously-sized meat rack allows fat and oils to drip away from the meat into the pan. Canadian Tire

#### 8 POPCORN MAKER \$89.99

This retro kettle popcorn maker is the perfect companion gift for that new HDTV and blu-ray.

#### 9 WAFFLE IRON \$109.99

Even a beginner cook can amaze holiday brunch guests with the Cuisinart 4 Slice Belgian Waffle Iron. It features six browning levels to ensure a perfect waffle every time and its stainless steel design will make it a kitchen staple to show-off. Home Depot



















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# Family first for Phaneuf

How Dion Phaneuf will feel about wearing a Maple Leaf jersey in Calgary is a mystery.

Calgary is a mystery.
The Maple Leafs
practised at the
Scotiabank Saddledome
yesterday without their
captain. He had flown to
Prince Edward Island for
the funeral of his
grandmother, Roma, who
died Saturday at the age of
83

Head coach Ron Wilson said Phaneuf would return to Calgary last night.

Once the future of the Flames' blue-line, Phaneuf will play his first game in Calgary tonight since he was dealt to Toronto on Jan. 31 in a multi-player deal

Leafs forward Kris Versteeg provided some levity at practice by wearing a Phaneuf mask on his face during warmup. He mimicked Phaneuf's warmup routine and shooting style.

"Hopefully, when he sees it, he laughs,"
Versteeg said.

Phaneuf's reception at the Saddledome will likely be mixed. He didn't ask for a trade and showed rare genuine emotion when he was dealt.

Phaneuf generated offence from the back end, delivered highlight-reel hits and gave the club star power.

But Phaneuf's defensive lapses, which could be forgiven earlier in his career, became more glaring and frustrating his fourth season in the league.

That, combined with a drop-off in his offensive production, made him a polarizing figure for Flames fans.

"I know there are probably people here that loved him and probably people at the other end of the spectrum," Flames defenceman Cory Sarich said

THE CANADIAN PRESS



# Size matters at world juniors

Team Canada picks big bodies to stack up against Russia, U.S.
'We'll go after teams with our size and work really hard': Head scout

Canada's world junior hockey team may not include any big names but it certainly has some big players.

Coach Dave Cameron and the Hockey Canada staff named their 22-man squad yesterday and it features plenty of beef up front and on defence. Five of the seven defencemen and seven of the 13 forwards are six foot two or bigger. That's not counting winger Marcus Foligno, who is listed at six foot one and a half.

"You don't realize it until you stand beside them, but this is a big team," said Kevin Prendergast. the former Edmonton

Number of blue-liners on the team shorter than six-foot-two: Ryan Ellis and Tyson Barrie, who are both five-foot-10.

Oilers executive who is now head scout for Canada's national teams. "We're going to need it.

ing to need it.

"The Americans are going to be huge and the Russians will be strong. That's why we (also) went with the older guys."

Cameron and his staff were up past midnight making decisions on which final nine players to cut from a three-day selection camp. The result was a team short on players with star power, like Taylor Hall last year or John Tavares the year prior, but one that they hope can score goals as well as play a hardworking, physical game at the world under-20 championship that begins Dec, 26 in Buffalo.

Canada opens the tournament with a Boxing Day clash against Russia.

Forward Brayden Schenn, one of four players returning from last year's silver-medallist team, said being dubbed blue collar doesn't mean they sacrifice skill or the ability to score goals.

"It reminds me of a team I played on in the under-18 (world championship) with (Jordan) Eberle," said Schenn. "We went to Russia and they said we didn't have much skill or firepower and we came out and beat Russia 8-1 in the goldmedal game."

Schenn and defenceman Ryan Ellis, who is back for a third straight world junior tournament, are likely the leading candidates to be named captain after the team shifts its base to Niagara Falls, Ont., tomorrow. THE CANADIAN PRESS





"It's plenty of money. When you hit a certain point, enough's enough. It's just a matter of where you're comfortable, where you're happy, where your family's the most comfortable. what team gives you the best chance to win."

CLIFF LEE, ON WHY HE SIGNED WITH THE PHILLIES DESPITE OTHER TEAMS OFFERING HIM MORE MONEY.



BOB FELLER

# Baseball legend dies

Bob Feller, the Iowa farm boy whose powerful right arm earned him the nickname "Rapid Robert" and made him one of baseball's greatest pitchers during a Hall of Fame career with the Cleveland Indians, has died. He was 92.

died. He was 92. Feller died at 9:15 p.m. last night of acute leukemia at a hospice, said Bob DiBiasio, the Indians vice-president of public relations.

Remarkably fit until late in life, Feller had suffered serious health setbacks in recent months. He was diagnosed with a form of leukemia in August, and while undergoing chemotherapy he fainted and his heart briefly stopped. Eventually, he underwent surgery to have a pacemaker implanted.

In November, he was hospitalized with pneumonia and Feller was recently released into hospice care.

THE ASSOCIATED PRESS



#### EASTERN CONFERENCE

|                | GP | W  | L  | OTL | SL | GF  | GΑ  | Pts | Home     | Away     | Last 10 | Strk |
|----------------|----|----|----|-----|----|-----|-----|-----|----------|----------|---------|------|
| d-Philadelphia | 33 | 21 | 7  | 2   | 3  | 113 | 81  | 47  | 11-5-0-2 | 10-2-2-1 | 6-1-0-3 | W4   |
| d-Washington   | 33 | 18 | 11 | 2   | 2  | 99  | 94  | 40  | 12-4-1-2 | 6-7-1-0  | 3-5-1-1 | L7   |
| d-Montreal     | 31 | 18 | 11 | 2   | 0  | 81  | 66  | 38  | 11-5-2-0 | 7-6-0-0  | 5-4-1-0 | L3   |
| Pittsburgh     | 33 | 21 | 10 | 2   | 0  | 104 | 78  | 44  | 10-6-1-0 | 11-4-1-0 | 8-2-0-0 | L2   |
| NY Rangers     | 33 | 19 | 13 | 1   | 0  | 100 | 84  | 39  | 7-8-1-0  | 12-5-0-0 | 7-3-0-0 | W2   |
| Tampa Bay      | 31 | 17 | 10 | 2   | 2  | 96  | 107 | 38  | 8-2-1-1  | 9-8-1-1  | 6-2-0-2 | W2   |
| Atlanta        | 32 | 17 | 11 | 1   | 3  | 100 | 93  | 38  | 9-6-0-1  | 8-5-1-2  | 7-2-0-1 | L1   |
| Boston         | 29 | 16 | 9  | 1   | 3  | 83  | 59  | 36  | 7-5-1-2  | 9-4-0-1  | 5-3-1-1 | L2   |
| Carolina       | 29 | 13 | 12 | 0   | 4  | 82  | 90  | 30  | 6-5-0-1  | 7-7-0-3  | 3-3-0-4 | W2   |
| Buffalo        | 31 | 13 | 14 | 4   | 0  | 81  | 86  | 30  | 7-9-1-0  | 6-5-3-0  | 5-4-1-0 | W1   |
| Ottawa         | 32 | 13 | 16 | 2   | 1  | 71  | 96  | 29  | 8-8-1-1  | 5-8-1-0  | 3-5-1-1 | L1   |
| Toronto        | 30 | 12 | 14 | 2   | 2  | 69  | 87  | 28  | 8-6-2-1  | 4-8-0-1  | 4-5-1-0 | W2   |
| Florida        | 29 | 13 | 16 | 0   | 0  | 74  | 76  | 26  | 6-6-0-0  | 7-10-0-0 | 3-7-0-0 | L2   |
| New Jersey     | 30 | 9  | 19 | 1   | 1  | 56  | 88  | 20  | 5-7-1-1  | 4-12-0-0 | 4-6-0-0 | W1   |
| NY Islanders   | 28 | 5  | 18 | 3   | 2  | 59  | 98  | 15  | 3-7-1-1  | 2-11-2-1 | 1-7-2-0 | L6   |
|                |    |    |    |     |    |     |     |     |          |          |         |      |

#### WESTERN CONFERENCE

|             | GP. | vv | -  | OIL | JL | Or. | UM  | rts | Home     | Away    | rast 10 | Juk |
|-------------|-----|----|----|-----|----|-----|-----|-----|----------|---------|---------|-----|
| d-Detroit   | 30  | 20 | 7  | 2   | 1  | 101 | 80  | 43  | 12-4-1-1 | 8-3-1-0 | 6-3-1-0 | W1  |
| d-Dallas    | 30  | 18 | 10 | 0   | 2  | 86  | 82  | 38  | 11-3-0-1 | 7-7-0-1 | 7-2-0-1 | W1  |
| d-Vancouver | 28  | 16 | 8  | 2   | 2  | 91  | 74  | 36  | 9-3-1-1  | 7-5-1-1 | 6-3-1-0 | W1  |
| Nashville   | 30  | 16 | 8  | 4   | 2  | 79  | 72  | 38  | 8-1-3-2  | 8-7-1-0 | 7-1-1-1 | W4  |
| Colorado    | 31  | 17 | 10 | 4   | 0  | 112 | 98  | 38  | 8-4-1-0  | 9-6-3-0 | 5-2-3-0 | W4  |
| Anaheim     | 34  | 17 | 13 | 2   | 2  | 89  | 99  | 38  | 11-6-0-1 | 6-7-2-1 | 7-2-0-1 | W3  |
| Los Angeles | 28  | 17 | 10 | 1   | 0  | 78  | 65  | 35  | 11-2-1-0 | 6-8-0-0 | 5-4-1-0 | W1  |
| San Jose    | 31  | 15 | 11 | 4   | 1  | 92  | 90  | 35  | 8-4-2-1  | 7-7-2-0 | 5-4-0-1 | L2  |
| Chicago     | 33  | 16 | 14 | 2   | 1  | 104 | 100 | 35  | 8-9-0-0  | 8-5-2-1 | 5-4-1-0 | L3  |
| Columbus    | 29  | 16 | 11 | 1   | 1  | 76  | 79  | 34  | 8-7-0-1  | 8-4-1-0 | 3-5-1-1 | L1  |
| Phoenix     | 29  | 14 | 9  | 4   | 2  | 81  | 80  | 34  | 6-4-2-2  | 8-5-2-0 | 5-4-0-1 | L1  |
| St. Louis   | 29  | 14 | 10 | 2   | 3  | 74  | 80  | 33  | 9-2-0-2  | 5-8-2-1 | 3-5-1-1 | L2  |
| Minnesota   | 29  | 13 | 12 | 1   | 3  | 71  | 86  | 30  | 7-6-0-2  | 6-6-1-1 | 4-4-1-1 | L1  |
| Calgary     | 31  | 13 | 15 | 1   | 2  | 84  | 19  | 29  | 8-6-0-0  | 5-9-1-2 | 5-4-0-1 | W1  |
| Edmonton    | 30  | 11 | 14 | 1   | 4  | 78  | 105 | 27  | 5-8-1-1  | 6-6-1-2 | 6-3-0-1 | L2  |
|             |     |    |    |     |    |     |     |     |          |         |         |     |

d- division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Toronto 4 Edmonton 1

Philadelphia 3 Pittsburgh 2

Philadelphia 3 Pittsburgh 2 Tonight's games (All times Eastern) Anaheim at N.Y. Islanders, 7 p.m. Phoenix at N.Y. Rangers, 7 p.m. Carolina at Atlanta, 7 p.m.

Boston at Montreal, 7:30 p.m.

Los Angeles at St. Louis, 8 p.m.

Ottawa at Minnesota, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Last night's results Last night's results
Buffalo 3 Boston 2
New Jersey 3 Phoenix 0
N.Y. Rangers 4 Pittsburgh 0
Anaheim 2 Washington 1 (OT)
Detroit 5 St. Louis 2
Philadelphia 5 Montreal 3
Atlanta 2 Tanna Ray 1 (SO) Atlanta 2 Tampa Bay 1 (SO) Carolina 4 Florida 3 Nashville 3 San Jose 2 Colorado 4 Chicago 3 Columbus at Vancouve

#### Tuesday's results FLYERS 5, CANADIENS 3

1. Philadelphia, Carter 13 (Carle) 19:43
Penalty — Gomez Mtl (roughing) 2:21.

2. Philadelphia, Van Riemsdyk 6 (Carter) 2:33 3. Montreal, Subban 2 (Gomez, Cammalleri) 18:09 (pp)

Penalties — Gorges Mtl (tripping) 12:26 Pronger Pha (hooking) 6:51, Coburn Pha (roughing) 17:46.

Third Period

4. Philadelphia, Zherdev 11, 5:31

Second Period

5. Montreal, Plekanec (Pouliot, Cammalleri) 7:01

 Montreal, Gionta 10 (Gomez, Subban) 9:55
 Philadelphia, Van Riemsdyk 7 (Zherdev, Carter) 14:27

8. Philadelphia, Giroux 16 (Richards) 15:28 Penalty — Plekanec Mtl (slashing) 13:31. Shots

Philadelphia 10 8 12 10 17 13 Montreal Goal — Philadelphia: Bobrovsky (W.15-4-5), Montreal: Price (L,17-9-3). Power plays (goals-chances) — Philadelphia: 0-3; Montreal: 1-2.

Att.— 21,273 (21,273) at Montreal

#### SCORING LEADERS

|                | G  | Α  | PT |
|----------------|----|----|----|
| Crosby, Pgh    | 26 | 27 | 53 |
| Stamkos, TB    | 24 | 20 | 44 |
| St. Louis, TB  | 11 | 26 | 37 |
| D.Sedin, Vcr   | 16 | 20 | 36 |
| Ovechkin, Wash | 12 | 24 | 36 |
| Datsyuk, Det   | 11 | 25 | 36 |
| Perry, Ana     | 16 | 19 | 35 |
| H.Sedin, Vcr   | 5  | 30 | 35 |

Toronto at Calgary, 9:30 p.m. Columbus at Edmonton, 9:30 p.m. R Richards Dal 22 15 22 Backstrom, Wash 11 Ryfualien, Atl 11 10 17 13 11 11 15 14 13 10 9 9 Getzlaf, Ana Sharp, Chi P.Stastny, Col Hejduk, Col Duchene, Col M.Richards, Pha Iginla, Cal Heatley, SJ Kopitar, LA Ladd, Atl Zetterberg, Det Clowe, SJ Roy, Buf Neal, Dal Toews, Chi Eriksson, Dal F.Staal. Car Selanne, Ana Dubinsky, NYR P.Kane, Chi J.Williams, LA Havlat, Minn J.Thornton, SJ

Letang, Pgh

Lucic, Bos Ryan, Ana Plekanec, Mtl Liles, Col Nash, Clb Vanek, Buf C.Stewart, Col M.Koivu, Minn

Ribeiro, Dal

Visnovsky, Ana Briere, Pha

Not including last night's games

#### NBA

| EASTERN CONFERENCE |              |    |    |      |      |  |  |  |  |  |
|--------------------|--------------|----|----|------|------|--|--|--|--|--|
|                    |              | W  | L  | Pct  | GE   |  |  |  |  |  |
|                    | d-Boston     | 20 | 4  | .833 | -    |  |  |  |  |  |
|                    | d-Miami      | 19 | 8  | .704 | 21/  |  |  |  |  |  |
|                    | d-Chicago    | 16 | 8  | .667 |      |  |  |  |  |  |
|                    | Orlando      | 16 | 9  | .640 | 41   |  |  |  |  |  |
|                    | Atlanta      | 16 | 10 | .615 |      |  |  |  |  |  |
|                    | New York     | 16 | 10 | .615 |      |  |  |  |  |  |
|                    | Indiana      | 11 | 13 | .458 |      |  |  |  |  |  |
|                    | Milwaukee    | 10 | 14 | .417 | 1    |  |  |  |  |  |
|                    | Philadelphia | 10 | 15 | .400 | 104  |  |  |  |  |  |
|                    | Charlotte    | 9  | 16 | .360 | 1117 |  |  |  |  |  |
|                    | Toronto      | 9  | 17 | .346 | 1    |  |  |  |  |  |
|                    | Detroit      | 8  | 18 | .308 | 1    |  |  |  |  |  |
|                    | Cleveland    | 7  | 18 | .280 | 131  |  |  |  |  |  |
|                    | Washington   | 6  | 17 | .261 | 131  |  |  |  |  |  |
|                    |              |    |    |      |      |  |  |  |  |  |

#### WESTERN CONFERENCE

| TTESTERNI CONTENENCE |    |    |      |      |  |  |  |  |  |  |
|----------------------|----|----|------|------|--|--|--|--|--|--|
|                      | W  | L  | Pct  | GE   |  |  |  |  |  |  |
| d-San Antonio        | 21 | 3  | .875 | -    |  |  |  |  |  |  |
| Dallas               | 20 | 5  | .800 | 14   |  |  |  |  |  |  |
| d-L.A. Lakers        | 19 | 7  | .731 | - 3  |  |  |  |  |  |  |
| d-Oklahoma City      | 18 | 8  | .692 | 4    |  |  |  |  |  |  |
| d-Utah               | 18 | 8  | .692 | 4    |  |  |  |  |  |  |
| Denver               | 15 | 9  | .625 |      |  |  |  |  |  |  |
| New Orleans          | 15 | 10 | .600 | 61/  |  |  |  |  |  |  |
| Phoenix              | 12 | 12 | .500 | 9    |  |  |  |  |  |  |
| Memphis              | 12 | 14 | .462 | 10   |  |  |  |  |  |  |
| Portland             | 12 | 14 | .462 | 10   |  |  |  |  |  |  |
| Houston              | 10 | 15 | .400 | 111/ |  |  |  |  |  |  |
| Golden State         | 9  | 16 | .360 | 121/ |  |  |  |  |  |  |
| Minnesota            | 6  | 20 | .231 | 10   |  |  |  |  |  |  |
| Sacramento           | 5  | 18 | .217 | 151/ |  |  |  |  |  |  |
| L.A. Clippers        | 5  | 21 | .192 | 17   |  |  |  |  |  |  |
| d-division leader    |    |    |      |      |  |  |  |  |  |  |

#### Last night's results

L.A. Lakers 109 Indiana 94 Boston 118 New York 116 Philadelphia 105 L.A. Clippers 91 Chicago 110 Toronto 93 Miami 101 Cleveland 95 Memphis 113 Charlotte 80 Oklahoma City 117 Houston 105 New Orleans 94 Sacramento 91 San Antonio 92 Milwaukee 90 Phoenix 128 Minnesota 122 Dallas 103 Portland 98

Tuesday's results Charlotte 97 Toronto 91 Philadelphia 82 New Jersey 77 L.A. Lakers 103 Washington 89 Detroit 103 Atlanta 80 Houston 118 Sacramento 105 Denver 111 Orlando 94

#### Golden State 108 Minnesota 99 Tonight's games

(All times Eastern)
Washington at New Jersey, 7 p.m. Atlanta at Boston, 8 p.m. San Antonio at Denver, 10:30 p.m.

#### **BULLS 110, RAPTORS 93**

BULLS 110, RAPTORS 93 cHICAGO (110) Deng 7-14 2-219, Bozzer 13-17 8-1134, Noah 4-63-411, Rose 3-9-0-0 6, Bogans 2-21-2 6, Brewer 4-6 2-210, Gibson 3-11 0-0 6, Korver 5-11 0-113, Watson 1-41-23, Asik 1-1 0-0 2. Totals 43-81.17-24110. TORONTO (93) Weems 3-101-27, Davis 5-9 0-0 10, AJohnson 1-60-0 2, Bayless 9-152-3 20, DeBraza 4-12-44.21 Dressey 8-8-2-217.

DeRozan 4-12 4-4 12, Dorsev 5-8 2-2 12, Kleiza 2-9 0-0 4, Barbosa 7-13 5-5 21, Wright 2-40-05. Totals 38-86 14-16 93.

2-40-05. lotals 38-86 14-16 95. Chicago 23 40 28 19 110 Toronto 18 26 20 29 93 3-Point Goals—Chicago 7-18 (Deng 3-6, Korver 3-7, Bogans 1-1, Watson 0-1, Gibson 0-1, Rose 0-2), Toronto 3-12 (Barbosa 2-3, Wright Rose 0-2), Toronto 3-12 (Barbosa 2-3, Wright 1-1, Weems 0-2, Bayless 0-3, Kleiza 0-3), Fouled Out—None. Rebounds—Chicago 55 (Boozer 12), Toronto 40 (Dorsey 13). Assists—Chicago 28 (Rose 11), Toronto 19 (Weems 5). Total Fouls—Chicago 15, Toronto 20. Technicals—Gibbon Chicago 46 (Rose 10, Toronto 20. Technicals) cals—Gibson, Chicago defensive three secor Toronto defensive three second. A—17,750 (19,800) at Toronto.

#### **TRANSACTIONS**

#### **BASEBALL**

#### AMERICAN LEAGUE

KANSAS CITY ROYALS—Designated RHP Philip Humber for assignment.

NEW YORK YANKEES—Agreed to terms with
RHP Mark Prior, RHP Brian Anderson, INF Doug Bernier, RHP Buddy Carlyle, LHP Neal Cotts, C Gustavo Molina and LHP Andy Sisco on minor league contracts.

#### NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Promoted Carlos Gomez to director, international scouting.
COLORADO ROCKIES—Agreed to terms with INF Tv Wigginton on a two-year contract. Named Mary Foley major league catching instructor; Duane Espy manager of Tulsa (Texas); Lenn Sakata hitting coach for Asheville (SAL) and Dave Burba pitching coach for Tri-City (NWL). Promoted Dave Schuler to pitching coach for Tulsa, Kevin Riggs to hitting coach for Modesto (Cal) and Joey Eischen to pitching coach for Asheville. FLORIDA MARLINS—Agreed to terms with

LHP Randy Choate on a two-year contract.
HOUSTON ASTROS—Agreed to terms with
INF Brian Dopirak and RHP Sammy Gervacio on minor league contracts.

PHILADELPHIA PHILLIES—Agreed to terms with LHP Cliff Lee on a five-year contract.
PITTSBURGH PIRATES—Agreed to terms with LHP Donnie Veal on a minor league contract.

#### **BASKETBALL**

HOUSTON ROCKETS—Traded G Jermaine Taylor and cash considerations to Sacramento Kings for a conditional 2011 second-round draft pick.

NEW JERSEY NETS—Acquired G Sasha Vu-

jacic and a 2011 first-round draft pick from the Los Angeles Lakers and a 2012 first-round draft pick from Houston in a three-team trade. The Nets sent F-C Joe Smith and two second-round draft picks to Los Angeles and G Terrence Williams to Houston.

#### **FOOTBALL**

NFL—Fined Jacksonville DB Will Middletor \$5,000 for a helmet-to-helmet hit on Oakland QB Jason Campbell during a Dec. 12 game. CAROLINA PANTHERS—Signed LB Thomas Williams to the practice squad. CINCINNATI BENGALS—Signed CB Keiwan

CLEVELAND BROWNS—Signed OL Branndon Braxton to the practice squad.

DALLAS COWBOYS—Placed WR-KR Kevin Ogletree on injured reserve. Signed WR Manuel Johnson from the practice squad. DETROIT LIONS—Placed OT Gosder Cherilus and CB Brandon McDonald on injured reserve. Activated LB Caleb Campbell from the practice squad. Signed WR Roy Hall to the practice

HOUSTON TEXANS—Placed DE Mario Williams, WR David Anderson and G Mike

Brisiel on injured reserve.

NEW ENGLAND PATRIOTS—Placed CB

Jonathan Wilhite on injured reserve. Signed DL Louis Leonard.

NEW YORK GIANTS—Placed LB Clint Sintim on injured reserve. Signed DE Alex Hall. Signed LB Kenny Ingram to the practice squad Terminated the practice squad contract of DT Joe Joseph.

NEW YORK JETS—Extended season suspen-sion of assistant coach Sal Alosi to indefinite, after discovering he ordered five inactive players to form a wall along the sideline for a punt

#### return, during which he tripped a Miami Dolphins player during a Dec. 12 game. TENNESSEE TITANS—Placed DT Tony Brown on injured reserve. Signed C Kevin Matthews

EDMONTON ESKIMOS—Named Rick Campbel assistant head coach and special teams coor dinator, Rich Stubler defensive coordinator and Kit Lathtrop defensive line coach. Announced defensive line coach Mike Walker will not return for the 2011 season.

#### HOCKEY

from the practice squad.

#### NHL

CHICAGO BLACKHAWKS—Recalled F Jeremy Morin from Rockford (AHL).

COLUMBUS BLUE JACKETS—Activated LW Kristian Huselius from the injured list, Placed C Derek MacKenzie on the injured list. WASHINGTON CAPITALS—Recalled RW Andrew Gordon and C Jay Beagle from Hershey (AHL), Assigned D Brian Fahev to Hershev.

#### AHL

LEAGUE OFFICE-Suspended Wilkes-Barre/Scranton D Robert Bortuzzo and RW
Jesse Boulerice and Norfolk LW Stefano Giliati
each for one game as a result of their actions in a Dec. 11 game between the teams. SAN ANTONIO RAMPAGE—Recalled C Tyler Mosienko from Las Vegas (ECHL).

READING ROYALS—Announced F Ryan Cruthers has been returned to the team by Lake Erie (AHL). VICTORIA SALMON KINGS—Signed F Tim

#### HOCKEY

#### CANADA'S WORLD JUNIOR **HOCKEY ROSTER**

Canada's team for the world junior hockey Canada's team for the world junior hockey championship Dec. 26, 2010-1-an, 5, 2011 in Buffalo and Lewiston, N.Y. (with hometown, team and league):

Goaltenders
Mark Visentin, Waterdown, Ont. Niagara
(OHL), Olivier Roy, Causapscal, Que., Acadie-Bathurst (QMJHL).

#### Defencemen

Jared Cowen, Allan, Sask., Spokane (WHL); Simon Despres, Laval, Que., Saint John (QMJHL); Dylan Olsen, Calgary, Minnesota-(QMJHL); Dylan Olsen, calgary, Minnesota-Duluth (NCAA); Erik Gudbranson, Orleans, Ont., Kingston (OHL); Ryson Barrie, Victoria, Kelowna (WHL); Calvin de Haan, Carp, Ont., Oshawa (OHL). Forwards Sean Couturier, Bathurst, N.B., Drum-mondvilla (JMJHL); Laden Schwartz Emera Demodrilla (JMJHL); Laden Schwartz Emera

mondville (QMJHL); Jaden Schwartz, Emerald Park, Sask., Colorado College (NCAA); Zack Kassian, LaSalle, Ont., Windsor (OHL); Brayden Schenn, Saskatoon, Brandon (WHL): Casey Cizikas, Mississauga, Ont., Mississauga St. Michael's (OHL); Quinton Howden, Oak St. Michael's (OHL); Quinton Howden, Oak Bank, Man, Moose Jaw (WHL); Curtis Hamil-ton, Kelowna, B.C., Saskatoon (WHL); Marcus Foligno, Sudbury, Ont., Sudbury (OHL); Ryan Johansen, Port Moody, B.C., Portland (WHL); Louis Leblanc, Point-Claire, Que., Montreal (QMJHL); Cody Eakin, Winnipeg, Swift Current (WHL); Carter Ashton, Saskatoon, Tri

rent (WHL); Carter Ashton, Saskatoon, Tri-City (WHL); Brett Connolly, Port Hardy, R.C., Prince George (WHL). Head Coach Dave Cameron, Charlottetown, Mississauga St. Michaels (OHL). Assistant Coaches: George Burnett, Port Per-ry, Ont., Belleville (OHL); Andre Tourigny, Nicolet, Que., Rouyn-Noranda Huskies (QMJHL); Ryan Huska, Cranbrook, B.C., Kelow-na Rockets (WHL).

#### NFL

EAST

#### AMERICAN CONFERENCE

|               | W  | L  | Т | Pct  | PF  | PA  |
|---------------|----|----|---|------|-----|-----|
| x-New England | 11 | 2  | 0 | .846 | 415 | 276 |
| N.Y. Jets     | 9  | 4  | 0 | .692 | 273 | 242 |
| Miami         | 7  | 6  | 0 | .538 | 225 | 244 |
| Buffalo       | 3  | 10 | 0 | .231 | 256 | 339 |
| SOUTH         |    |    |   |      |     |     |
|               | W  | L  | T | Pct  | PF  | PA  |
| Jacksonville  | 8  | 5  | 0 | .615 | 295 | 331 |
| Indianapolis  | 7  | 6  | 0 | .538 | 347 | 318 |
| Houston       | 5  | 8  | 0 | .385 | 316 | 355 |
| Tennessee     | 5  | 8  | 0 | .385 | 291 | 265 |
| NORTH         |    |    |   |      |     |     |
|               | W  | L  | T | Pct  | PF  | PA  |
| Pittsburgh    | 10 | 3  | 0 | .769 | 290 | 198 |
| Baltimore     | 9  | 4  | 0 | .692 | 294 | 229 |
| Cleveland     | 5  | 8  | 0 | .385 | 235 | 252 |
| Cincinnati    | 2  | 11 | 0 | .154 | 262 | 345 |
| WEST          |    |    |   |      |     |     |
|               | W  | L  | Т | Pct  | PF  | PA  |
| Kansas City   | 8  | 5  | 0 | .615 | 295 | 268 |
| San Diego     | 7  | 6  | 0 | .538 | 354 | 253 |
| Oakland       | 6  | 7  | 0 | .462 | 314 | 307 |
| Donwor        | 2  | 10 | 0 | 221  | 240 | 27/ |

| Denver       | 3   | 10 | 0   | .231 | 269 | 376 |
|--------------|-----|----|-----|------|-----|-----|
| NATIONAL     | .co | NF | ERE | NCE  |     |     |
| EAST         |     |    |     |      |     |     |
|              | W   | L  | Т   | Pct  | PF  | PA  |
| N.Y. Giants  | 9   | 4  | 0   | .692 | 329 | 250 |
| Philadelphia | 9   | 4  | 0   | .692 | 374 | 308 |
| Washington   | 5   | 8  | 0   | .385 | 238 | 310 |
| Dallas       | 4   | 9  | 0   | .308 | 321 | 366 |
| SOUTH        |     |    |     |      |     |     |
|              | W   | L  | Т   | Pct  | PF  | PA  |
| Atlanta      | 11  | 2  | 0   | .846 | 335 | 243 |
| New Orleans  | 10  | 3  | 0   | .769 | 330 | 240 |
| Tampa Bay    | 8   | 5  | 0   | .615 | 260 | 267 |
| Carolina     | 1   | 12 | 0   | .077 | 164 | 338 |
| NORTH        |     |    |     |      |     |     |
|              | W   | L  | Т   | Pct  | PF  | PA  |
| Chicago      | 9   | 4  | 0   | .692 | 253 | 228 |
| Green Bay    | 8   | 5  | 0   | .615 | 306 | 189 |
| Minnesota    | 5   | 8  | 0   | .385 | 230 | 274 |
| Detroit      | 3   | 10 | 0   | .231 | 285 | 309 |
| MECT         |     |    |     |      |     |     |

#### 261 245 243 243

#### WEEK 15

Tonight's game (All times Eastern) San Francisco at San Diego, 8:20 p.m. Sunday's games Kansas City at St. Louis, 1 p.m.

Washington at Dallas, 1 p.m. Houston at Tennessee, 1 p.m. Arizona at Carolina, 1 p.m. Philadelphia at N.Y. Giants, 1 p.m. Philadelphia at N.Y. Giants, 1 p.m. Detroit at Tampa Bay, 1 p.m. Cleveland at Cincinnati, 1 p.m. Buffalo at Miami, 1 p.m. Jacksonville at Indianapolis, 1 p.m. New Orleans at Baltimore, 1 p.m. Adunta at Seattle, 405 p.m. Denver at Oakland, 4:15 p.m. N.Y. Jets at Plttsburgh, 4:15 p.m. Green Bay at New England, 8:20 p.m. Monday, Dec. 20 Chicago at Minnesota, 8:30 p.m.

#### **FOOTBALL**

#### NCAA

All Times Eastern Saturday's games NEW MEXICO BOWL

At Albuquerque, N.M. Texas-El Paso (6-6) vs. Brigham Young (6-6), 2

#### HUMANITARIAN BOWL At Roise, Idaho

Northern Illinois (10-3) vs. Fresno State (8-4), 5:30 n m

NEW ORLEANS BOWL Ohio (8-4) vs. Trov (7-5), 9 p.m.

THE BEST THING TO HAPPEN TO THE IPHONE SINCE OUR LAST A

12

**NEW Crossword and Suduko** updated daily.





#### Crossword

#### Across

- 1 Makes a decision
- 5 Blond shade
- 8 Old fogy
- 12 Tree anchor
- 13 out a living 14 Grand story
- 15 Chimney channel
- 16 Sermon subject
- 17 Small change
- 18 Precede
- 20 New Look de
- signer
- 22 Documented evidence, maybe
- 26 Lays an egg
- 29 Insult
- 30 Attempt
- 31 Queue
- 32 Snapshots, familiarlv
- 33 Active one 34 Check-casher's
- pair
- 35 Morsel 36 Handbag
- 37 1973 movie set at Harvard, with "The"
- 40 Apple computer 41 Orange or grape-
- fruit
- 45 Land measure 47 Frequently
- 49 Small pie
- 50 No stay-at-home
- 52 Therefore
- 53 Vortex
- 54 "— the ramparts
- 55 Profound

#### Down

1 "Carmina Burana"

- composer 2 Game on horse-
- back 3 Go sightseeing
- 4 Spire
- 5 Man of morals? 6 Schuss
- 7 Rocker Jimi 8 Interior designer's
- concern 9 One at the switch-
- board
- 10 Cacophony 11 Calendar abbr.
- 19 Petrol
- starter

- 25 Orpheus' instrument
- 26 Buy, remodel and sell
  - 27 Verdi work 28 Brilliant

23 Archie's wife

24 Enrages

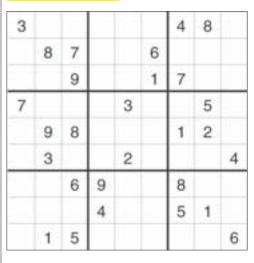
- 32 Flute's kid brother 33 Sang with some
  - 35 Support of a sort
  - 36 Omega preceder
  - 38 Abrasive powder
  - 39 Thespian 42 Exceptional
- 43 Incite

#### 21 "Monty Python"

- 45 Time of your life?
- 46 Food fish 48 Adversary



#### Sudoku



#### How to play

TODAY

Min -13°

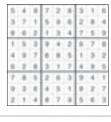
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

look at the weather

FRIDAY

Min -20°



Andrew Schultz.

"I get to spread the word

on how your day, evening

or weekend will shape up with

in Alberta". WEEKDAYS 6AM

our ever-changing weather here

Meteorologist

## Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

We had a marvelous anniversary, Francine, and I thank God vou're in my life. I love you with all my heart and look forward to many, many years of being your partner and helpmate. LOVE YOUR OLE WILL.

Tati and Jodi Podi. You are both my sunshine & make my hardships worthwhile. I love you forever and always

Baby Bear thanks for never giving up on me. You are everything I have and need. You were the one since the beginning. I truly am lucky to have you. TE AMO, NANITA

You're amazing, Vivian. Please don't change because I wouldn't want to be with anyone else! U add meaning to my life. If you held up 11 roses, you would be looking at 12 of the most beautiful things in the world. LOVE ALWAYS, JEREMY

#### Today's horoscope

#### T Aries March 21-April 20

Watch what you say and do today. Your words and actions may seem perfectly reasonable to you but some people are sensitive to being given advice nevermind criticism.

¥ Taurus April 21-May 21 Resist the urge to act on impulse today, especially if you are bored. If you act without thinking, the consequences could be unthinkable. Don't be rash

#### it's not worth the risk. II Gemini May 22-June 21

Sometimes you can be too emotional and sometimes you show no emotion. You will feel both extremes over the next 24 hours. Be careful your uneven feelings don't jeopardize an important relationship.

#### Gancer June 22-July 22 You take life's duties seriously, but sometimes you are too severe in your reactions and make it hard for people to know the real you – the fun you. What happens today is not impor-

will be easy for you to reach your will. But do you need to be so forceful? Probably not. You're pretty good at friendly persuasion, too.

My Virgo Aug. 24- Sept. 22 Why do you feel guilty about something that wasn't your fault? At the most, you played a minor role. Stop beating yourself up and next time be more cau-

tant, don't look so glum. out to the world and bend it to

tious with whom you team up.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

#### ← Libra Sept. 23-Oct. 23 Travel and social plans may change at the last moment today. Of course, you won't be happy about it. Fortunately, your schedule is flexible, so don't fume about it for too long. You'll still have a great time.

M Scorpio Oct. 24-Nov. 22 Make sure you know all the

facts before making a financial decision. You may have too rosy a view of how much money will be coming. Don't plan on too much going out.

#### → Sagittarius

Nov. 23-Dec. 21 You're moving so fast that you think you're invincible. Mistake! There is an object ahead and if you don't take evasive action, there could be a crash. Slow down.

#### り Capricorn Dec. 22-Jan. 20

Max -11° Mill -20 Max -13°

Common sense should tell you that what you are worrying about is not worth the effort. Even if the worst happens, it's not the end of the world. Stop worrying and start living.

Aquarius Jan. 21-Feb. 18 Is it wrong to be happy when other people are sad? Of course not! You are not responsible for their emotions, so laugh as much as you like. They'll want to follow.

#### H Pisces Feb. 19-March 20

Keep things simple today. Your life is complicated enough without adding more to the mix. Focus on the one thing that really matters and put everything else out of your mind. SALLY BROMPTON

#### **Caption contest** "And

SATURDAY

Min -21°

Max -15°



You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's



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